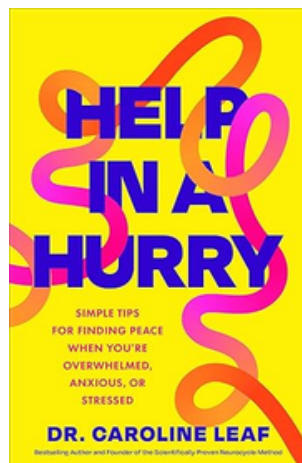


September Book of the Month:



Learn how to manage your anxiety and find peace

- actionable and evidence-based strategies
- learn how to cope in the moment and fight overwhelm
- experience a better, more fulfilled life

Even though it's uncomfortable and sometimes even distressing to us, it's perfectly normal to feel lost, anxious, or overwhelmed at times. It's okay to be a bit of a mess! But none of us wants to stay that way for long.

With actionable, evidence-based strategies to handle our most common challenges in life, this practical guide from bestselling author and clinical neuroscientist Dr. Caroline Leaf offers the tools you need to prevent a descent into chaos and instead find peace and strength amid the turmoil of daily life.

If you have felt stuck in crisis mode, the strategies found in this book will help you cope in the moment, manage a chaotic mind, and start living each day with intention and inner peace.

Designed so you can quickly access the simple strategies you need in the moment, this book helps you regain control when . . .

- you don't understand your intense emotions
- you're under tremendous pressure
- you feel tired, angry, or full of regret
- you're dealing with intrusive thoughts
- your past is haunting you
- your inner critic won't let up
- you feel like sometimes you abandon yourself to please others
- your perfectionism is keeping you stuck or overwhelmed
- you feel setting and maintaining boundaries is difficult or guilt-inducing
- you're trapped in a cycle you don't know how to break
- you feel lost or directionless
- your regret over past mistakes is weighing you down
- and much more