



# Neurosculpting for Anxiety: Brain-Changing Practices for Release from Fear, Panic, and Worry

*Lisa Wimberger*

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## **A Brain-Based Solution for Finding Freedom from Anxiety**

Millions of people today are beset by chronic anxiety conditions—yet pharmaceutical solutions often provide only temporary relief at a high cost. With *Neurosculpting for Anxiety*, Lisa Wimberger presents a proven method for addressing anxiety at its neurological roots. “We experience persistent fear and worry when our natural coping mechanisms for stress get overloaded,” Lisa teaches. “The good news is we can use self-directed brain change to bring our nervous system back into balance.” In this powerful two-session program, you’ll learn:

- Why restoring harmony between the left and right hemispheres of the brain is the key to overcoming anxiety
- Four guided practices for navigating stress and worry
- On-the-spot techniques to deal with panic attacks

Lisa Wimberger refined her Neurosculpting® process by helping people in high-pressure jobs—such as firefighters, police officers, and first responders—successfully cope with the challenges of stress and overwhelm. With *Neurosculpting for Anxiety*, she offers proven, mindfulness-based techniques to retrain your brain for greater resilience, cultivate self-empowerment, and find lasting freedom from anxiety.

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Neurosculpting for Anxiety: Brain-Changing Practices for Release from Fear, Panic, and Worry can be one of your basic books that are good idea. Many of us recommend that straight away because this book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to set every word into satisfaction arrangement in writing Neurosculpting for Anxiety: Brain-Changing Practices for Release from Fear, Panic, and Worry yet doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information could drawn you into brand

new stage of crucial considering.

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