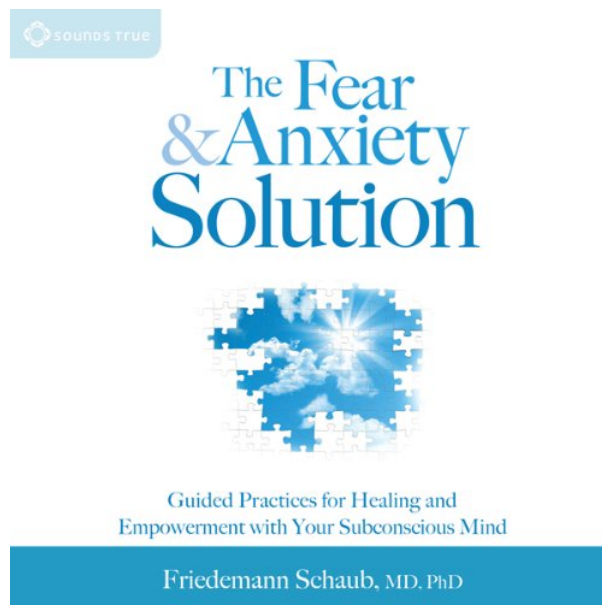


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# The Fear & Anxiety Solution



Guided Practices for Healing and  
Empowerment with Your Subconscious Mind

Friedemann Schaub, MD, PhD

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# **THE FEAR AND ANXIETY SOLUTION: GUIDED PRACTICES FOR HEALING AND EMPOWERMENT WITH YOUR SUBCONSCIOUS MIND BY FRIEDEMANN SCHAUB PDF**

Transform Your Fear and Anxiety into Catalysts for Wholeness

We all find ourselves in situations that stir up anxiety. And for a growing number of us, our fear and worry have reached debilitating levels. How can we stay balanced and live up to our potential when fear and anxiety seem so easily to get the best of us? According to Dr. Friedemann Schaub, the answer lies in the subconscious mind-the source of these most challenging emotions and the key to the wisdom they offer.

The Fear and Anxiety Solution presents Dr. Schaub's breakthrough program for learning to understand, direct, and utilize the subconscious mind as our greatest ally on the path to health and wholeness. Through a wealth of insights and step-by-step guidance in more than a dozen practices, Dr. Schaub explains how to transform fear and anxiety into healing catalysts that lead to greater confidence, self-worth, and success as he illuminates:

- How to address inner conflicts, stored emotions, and limiting beliefs-the three subconscious root causes of fear and anxiety.
- The Parts Reintegration Process, a powerful method for peace of mind, increased energy, and improved health.
- The Pattern Resolution process to release emotional baggage from your subconscious and cellular memory.
- How to replace your old anxiety-driven identity with a new foundation of self-reliance and empowerment at the cellular level.

At last, here are the tools to change faster and perform better in every aspect of your life with the power of conscious-subconscious collaboration.

- Sales Rank: #58679 in Audible
- Published on: 2013-05-24
- Format: Original recording
- Original language: English
- Running time: 277 minutes

Most helpful customer reviews

44 of 44 people found the following review helpful.

Getting the real messages of fear and anxiety

By S. A. Williams

**WHAT THIS BOOK INCLUDES:** Techniques for our conscious to connect with our unconscious where many of the root causes of dysfunctional behaviors are. Dr. Schaub gives detailed methods to recognize the messages that anxiety and fear signal from our unconscious. These techniques help us shift our perceptions

to incorporate the real information from our subconscious into our consciousness. These alternative thought patterns enable us to access a more functional, balanced approach to life. He also teaches ways to check back with our subconscious to keep us on our new functional paths. I strongly recommend this approach to anyone struggling with negative emotions and/or thought forms causing dysfunction in their lives.

**HOW THIS BOOK CHANGED MY LIFE:** In my work with this book and with Dr Schaub, I became aware of many life long negative thought forms that affected my self perception. We worked through these by the recording at least several negative self-comments which I counter balanced with at least 3 positive comments regarding each "self-abuse". I had been conscious of some of these self-defeating patterns, but was astounded at how many and how deep these patterns can be. And this helped me be less depressed and more willing to keep working. Beyond that we/I discovered parts of myself that I had submerged. The anxiety, fears, worries, negative approach to life were telling me these parts needed love, acceptance, and upliftment. I'm a pediatrician and have no trouble being compassionate with and treating children with unconditional love. It has been a joy to be able to unconditionally love myself. Recognizing, accepting, and developing alternative ways of dealing with the fears/anxiety and the underlying self needs has been revolutionizing in my life. And using these techniques to recognize when I'm slipping back into old negative thought forms, getting back in touch with the real message and doing something about that has brought me out of life-long depression. Being in touch with the joy and enjoyment of life makes being here on Earth infinitely better. And to remember to practice, practice, practice these principles and techniques helps keep me free of anxieties and fears that I had allowed to restrict my life.

23 of 24 people found the following review helpful.

The Fear & Anxiety Solution

By Gary T.Schultz

The Fear & Anxiety Solution is an exceptional resource from a gifted physician of cardiology medicine and cellular biology. It's clear that Friedemann truly 'walks his talk' and is willing to unlock the mysteries of the mind-body-spirit connection for all to understand. Most importantly, he inspires to create a bridge from deep rooted life-long fears and anxieties with solutions of empowerment that honor the innate true WHOLE Self. What a precious gift to ourselves and the world!

20 of 21 people found the following review helpful.

Get to the Root Cause of Your Fear and Anxiety

By Nikki Leigh

Fear and anxiety are on the rise - any time you watch the news or check the local newspaper, you are likely to find information that makes you worried about your future and the future of your children. People can let fear and anxiety take over their lives and it can have a negative impact on your life in a wide variety of ways.

However, there are ways to maintain and deal with the fear and anxiety that we all face in our lives. Even when we feel our concerns are worse than others - there are steps that can be taken to find the root cause of the fear and anxiety. Once the root cause is found, there are ways to work through these issues and to limit the impact fear and anxiety have on your life.

Dr Feidemann Schaub has developed a program that helps you find the root problems and shows you how to deal with these causes of fear and anxiety. Many people take various medications to ease their fears and anxiety - however that is a temporary fix. On the other hand, Dr Schaub's program works in a way that will help you find the problems and FIX them - not just mask them temporarily.

The Fear and Anxiety Solution is based on his program and walks you through the steps to find your solution to fear and anxiety. He says that "the person who starts the book is not the same person who will finish the book". That's a powerful statement and if you read the book and apply the various steps as he outlines them - you can and will notice a difference in YOUR life.

This is the table of contents for The Fear and Anxiety Solution to give you an idea of some of the topics that are covered.

Part I - Awareness

? Chapter 1 - An Overview of Fear and Anxiety

? Chapter 2 - The Principles of Change

? Chapter 3 - Facts and Fiction about Fear and Anxiety

Part II - Flexibility

? Chapter 4 - The Subconscious Mind and the Root Causes of Anxiety

Part III - Choice

? Chapter 5 - How to Find Out What You Want and How to Get It

? Chapter 6 - Look Who's Talking! Addressing Negative Self-Talk and Mind-Racing

? Chapter 7 - To Wholeness and Beyond: Resolving Inner Conflicts

? Chapter 8 - Time to Let Go: How to Release Emotional Baggage from the Subconscious Mind

Part IV - Readjustment

? Chapter 9 - Core Alignment

? Chapter 10 - Breaking Through to Self-Empowerment

? Chapter 11 - Keep Moving Forward: How to Stay Empowered and in Balance

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