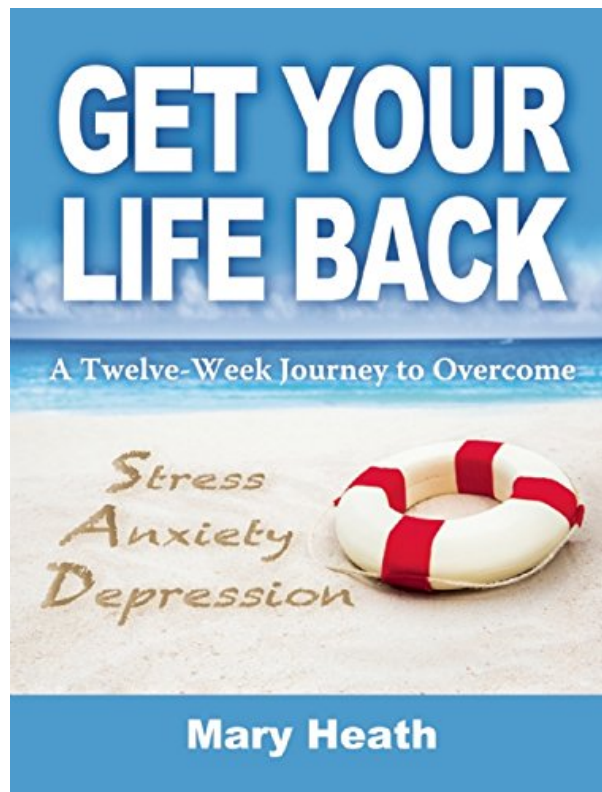


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# GET YOUR LIFE BACK

A Twelve-Week Journey to Overcome

*Stress  
Anxiety  
Depression*



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We are all part of the overwhelming and joyous experience of the flow of divine unfolding. In this fascinating book Mary takes us for the first time in history on a systematic journey through the different layers of spiritual awakening. A must read for all who are waking up to enlightenment. -- Dr. Hans van Latenstein, philosopher I love this book and it is no exaggeration to say that in reviewing it I have benefitted enormously. I have tried every excise, activity, suggestion, considered the advice, reflected on my own thoughts and experiences, and as a result I feel calmer, more optimistic and life is more enjoyable! In turn I will recommend to and use this book with my family, friends, colleagues and students to help them make the positive connections in their lives too. -- Ruth Lawton, Senior Learning and Teaching Fellow for Employability, Birmingham City University Anxiety, stress and depression are serious problems experienced by most of us at various points in our lives. *Get Your Life Back*" offers a serious yet compassionate self-help approach towards overcoming these difficulties and developing resilience in the longer term. Both the structure and content are easy to grasp and highly informative. I would highly recommend this book. -- Dr Andrew Papadopoulos, Consultant Clinical Psychologist

## About the Author

Mary Heath has 30 years' experience in the Private Sector and the British National Health System as a Stress Management Consultant, Counsellor and Life Coach, working one-to-one as well as developing and delivering courses, workshops and seminars. She is a trained Yoga Teacher and has embraced other therapies such as EFT, CBT and NLP.

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A 12 WEEK JOURNEY TO PEACE OF MIND

Will help anyone who experiences any of the following:

Stress at home or in the workplace  
General Anxiety State or Anxiety Disorders such as OCD and Phobias  
Panic Attacks  
Depression, Low Mood or Melancholia  
Low Confidence and Self-Esteem

If you have reached Breakdown or Burnout, this unique and life changing book will be invaluable to you.

Whilst working in a mental health setting for 30 years Mary Heath soon discovered that everyone she encountered shared a similar problem: no one appeared to have any knowledge at all of how to cope with the stress of life and its consequences. The great majority of patients had no coping skills or strategies at all. No one had been taught how to deal with stress, and many didn't even know what stress was and why they felt so helpless, so alone and so afraid. Mary on the other hand had a very large tool box and a set of skills that helped all of them to change their lives around and become healthier and stronger in every way.

Having been trained in many disciplines in the field of stress, anxiety, depression and personal development she was able to tailor an individual's requirements, according to their specific needs. Working with a wide-ranging and extensive variety of therapies Mary taught people not just how to cope but how to really live again.

Many of the techniques and therapies Mary used can be found in this book and include:

The Simple Principles of the Philosophy of Yoga  
Pranayama – a unique sequence of breath control exercises  
Relaxation, Meditation and Mindfulness  
Stress and Anxiety Management  
Depression Management  
Cognitive Behavioural Therapy (CBT)  
Self-Esteem and Confidence Building  
Neuro-Linguistic Programming (NLP)  
Emotional Freedom Technique (EFT)  
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0 of 0 people found the following review helpful.

You WILL Get Your Life Back!

By T. Love

This book is wonderful. It doesn't just speak to the subject, the author spells out the necessary steps one must take, day-by-day for 12 weeks to truly Get Your Life Back. The title says it all - and the book explains it. After reading so many self-help books it's refreshing to find one that gives you not just the tools you need for each issue or circumstance but provides daily instruction on the steps you need to take. I believe this is helpful for both those who are in complete overwhelm and want a way out as well as those who are beginning to feel stress take over their life but want to get it back under control prior to that point of overwhelm. Kudos to the author for sharing valuable tools and insight.

0 of 0 people found the following review helpful.

Overcome Stress, Anxiety, and Depression

By Sheryl Glick, RMT, host of Healing from Within

Mary Heath is a Light worker who offers a comprehensive method to understand general anxiety disorder (GAD), depression, phobias, obsessive compulsive disorder, panic attacks, and the means to find a way past any of these debilitating conditions which in effect are created by our thinking, lifestyle and traumatic events. READ THIS BOOK to understand that almost every human being will experience some form of these energetic disturbances in the course of their life time and learn how to transform the lower emotions to a higher vibration for feelings of more joy, happiness, and love for our life.

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