

# Mike Mandel - The Anxiety Solution

## What is The Anxiety Solution?

A Simple-to-Follow Video Course

Anxiety is a process in your brain. Sometimes you know what causes it, and other times it's unconscious. It can cause suffering. That's not cool.

The Anxiety Solution is a video course that makes it easy to understand how anxiety happens and what you can do about it. We teach you effective tools.

**You'll be feeling better fast. Just watch, learn and implement. Your brain will learn new ways to respond.**

**Move from anxious to awesome!**

**Get Instant Access**

**Who Should Use This Course?**

**For Self-Help, Coaches and Therapists**

If you suffer from uncomfortable anxiety, or if you help clients who have anxiety, this course is for you. When people reach out to our hypnosis community for help, we notice that anxiety is a recurring theme behind so many everyday problems.

Anxiety is often the problem behind ...

Over-eating and night-time eating

Insomnia – Either difficulty first falling asleep or waking and having trouble falling back asleep

Discomfort in social situations

Bad habits such as smoking or drinking too much alcohol

Procrastination and “analysis paralysis”

If you know that you get uncomfortable anxiety and you want effective tools to STOP the anxiety pattern, get this course.

**If you are a coach or therapist or any other person who helps people with these problems, get this course because you'll be able to take what you learn and teach it to your clients.**

**Just watch the videos and use these techniques.**

**You deserve to move from anxious to awesome!**

