

AVATAR :

Her name is Shanean, a 48-year-old African American woman who struggled with anxiety. Every day seemed like a race against time as she constantly avoided people. It was only after her live-in boyfriend physically assaulted her, a month after giving birth to their daughter, that she became aware of her tendency to avoid others.

The incident left her mental and physical state strained, but she couldn't afford to show weakness. As a mother of two, she had to get back to work within two weeks. The realization struck when she noticed she couldn't stand having people too close to her, leading to panic attacks that left her feeling hot, itchy, and struggling to breathe.

Fortunately, Shanean had been trained to operate a machine in a workstation with only two other coworkers. This arrangement allowed her to function despite her anxiety. She had been with the company for over a decade, and during all the meetings and company events, she would find ways to hide, avoiding being captured in any company photos.

As time passed, her condition worsened during a breakup with another boyfriend who turned into a stalker. One night, after working overtime on a Saturday, he kicked her door off its hinges while she and her daughter were sleeping. Her son, who had a strong intuition that something was wrong, came home early and found his mother in a precarious situation. Quick thinking and a call to the police saved them from further harm that night.

Shanean's anxiety turned her into a hermit, making it difficult for her to shop in crowded stores without experiencing panic attacks. In such situations, she would abandon her cart and rush outside to gasp for air. Her anxiety began to affect her health, her family, and every aspect of her life.

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Discover a path to escape the stormy seas of anxiety

Countless triggers and situations can cause nail-biting moments in your life.

You may have faced waves of abuse from a loved one who has left you mentally strained

Or hated the thought of interacting with your colleagues

There is a "mental shift" exercise that can seize those breath-sucking panic attacks for good

And finally shed the lingering weight of self-doubt.

It doesn't matter whether you're starting to tackle your anxiety or it's been a battle for years

I will be handing you this mental shift

And It will be the ticket to birthing everlasting control of your anxiety

To book a session click the 'Learn More' button.