



# Freedom from Anxiety: A Holistic Approach to Emotional Well-Being

*Marcey Shapiro M.D.*

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# Freedom from Anxiety: A Holistic Approach to Emotional Well-Being

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## **Freedom from Anxiety: A Holistic Approach to Emotional Well-Being** Marcey Shapiro M.D.

This book presents hundreds of safe, practical, and effective tools and techniques to alleviate anxiety, an epidemic that affects nearly 20 percent of Americans. Author and seasoned physician Marcey Shapiro, MD, shares how her personal struggle with this widespread syndrome led her to discover that there is not one treatment program that works for everyone and provides a wide range of integrative methods that will help readers find real and transformative relief.

Dr. Shapiro grappled with anxiety on her own path to greater health and wholeness and observed, through her personal experience and that of treating numerous patients who suffer from the heartache and despair that anxiety causes, that finding peace involves a spiritual journey of self-awareness and self-acceptance. She has successfully helped herself and her patients bring ease and peace of mind back into their lives using a diverse assortment of complementary techniques, including dietary changes, visualizations, shifting thoughts, breathing techniques, nutritional supplements, herbs, homeopathy, bodywork, aromatherapy, flower essences, and acupuncture, as well as more commonplace Western techniques such as medication and therapy, when appropriate.

Offering a variety of nondogmatic, empowering tools for enhancing personal growth, *Freedom from Anxiety* will help anxiety sufferers find ways, many of them free or very low cost, to achieve immediate relief as well as long term care and treatment. It can be read from cover to cover or perused for specific problems or solutions. Readers are able to take advantage of Dr. Shapiro's vast knowledge and research as well as her engaging personal anecdotes and those from her decades of clinical practice.

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