



Anxiety Rebalance: All the Answers You Need to Overcome Anxiety and Depression

By Carl Vernon



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'Throughout the fifteen years I battled with anxiety and depression I was constantly looking for a cure - until I realised I was looking for answers that didn't exist. Don't waste another minute.'

In this refreshingly honest and open book, Carl shares his personal experience and the principles he used to go from being housebound to helping others across the world overcome anxiety and depression.

This step-by-step guide teaches you all the answers you need to know including:

- The truth about anxiety and depression by exposing them for what they really are.
- How to instantly reduce your stress and anxiety and feel immediate relief.
- How by overcoming just one thing, you will overcome all anxiety related symptoms and disorders including panic attacks, social anxiety, OCD, and agoraphobia.
- Why BALANCE is the only real solution for overcoming anxiety and depression, and the ten actions you need to take to achieve lifetime change.

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Editorial Review

About the Author

Carl Vernon is an Entrepreneur, Speaker, and Author, renowned for his personal experience on overcoming anxiety. His pioneering yet simple approach has helped thousands of people globally by changing perceptions and lifestyles. Find more at carlvernon.com

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