



Anxiety Alchemy

Caroline Cavanagh

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- Do you often feel on edge?
- Do you have problems falling asleep?
- Do you frequently feel tense and irritable?
- Do you often have tummy problems?
- Do you worry if you have nothing to worry about?

In Anxiety Alchemy, Clinical Hypnotherapist Caroline Cavanagh will take you through a process that will lead to a transformation from anxiety into confidence. Using tried and tested techniques formulated into a unique 5 Step process, Caroline uses her own experience of dealing with anxiety and those of the many clients she has worked with to understand how our own internal chemistry creates anxiety. Through this learning, they can then mix the chemical elements in a different way to create a new result – confidence.

In an easy to read and practical fashion, Caroline will take you through her 5 step process that will lead you to become an anxiety alchemist; mixing you own unique potions that make every day one you look forward to living.

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Alice Olivares:

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