

# Anxiety

Anxiety and panic attacks can rule our lives if you let them. They are based on fear which often stems from a feeling of not being safe. Fear is the biggest problem in the world. All racial tension and war originates from it. This feeling of unexplained anxiety is widespread, especially given the complexity and challenge of modern life. Imagine a life where you always feel safe no matter what happens? Wouldn't that be great? Achieving that could take some work. With the help of hypnosis you can uncover the inner resources and often find the cause and start to build a new bold, yet calm self that remains steady in the face of the everyday events that might normally trigger an attack of nerves.

Start to build the inner resources that help heal the pain caused by anxiety and look to a better future.

