



# **Self-Talk for a Calmer You: Learn how to use positive self-talk to control anxiety and live a happier, more relaxed life**

*By Beverly Flaxington*

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**Powerful techniques for managing your anxiety!**

Every day, millions of people struggle with anxious thoughts and feelings of dread, but you don't have to be one of them. With *Self-Talk for a Calmer You*, you can change the way you approach your worries and finally break free from the tight grip of anxiety. Filled with practical advice and positive self-talk scripts, this empowering guide provides a variety of strategies for dealing with uneasy thoughts in a constructive manner and moving past detrimental hangups. Complete with quick assessments that reveal anxiety triggers, you'll also learn how to create a self-talk plan that fits your needs.

From the workplace to personal relationships, *Self-Talk for a Calmer You* gives you the tools and confidence to develop a healthier way of thinking, overcome stressful situations, and reclaim your life.

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## **Editorial Review**

### **About the Author**

**Beverly D. Flaxington** is a *Psychology Today* blogger, hypnotherapist, personal and career coach, business development expert, and bestselling author. She cofounded The Collaborative, a sales and marketing consultancy that provides strategic and tactical support to help client firms and individuals reach higher levels of effectiveness and meet their goals. Flaxington has also been featured by several media outlets, including the *Wall Street Journal*, the *Boston Globe*, Lifetime television, Newsweek.com, *Reader's Digest*, and FoxNews.com. You can visit her websites at [www.TheHumanBehaviorCoach.com](http://www.TheHumanBehaviorCoach.com) and [www.understandingotherpeople.com](http://www.understandingotherpeople.com).

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**Lloyd Gilbert:**

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