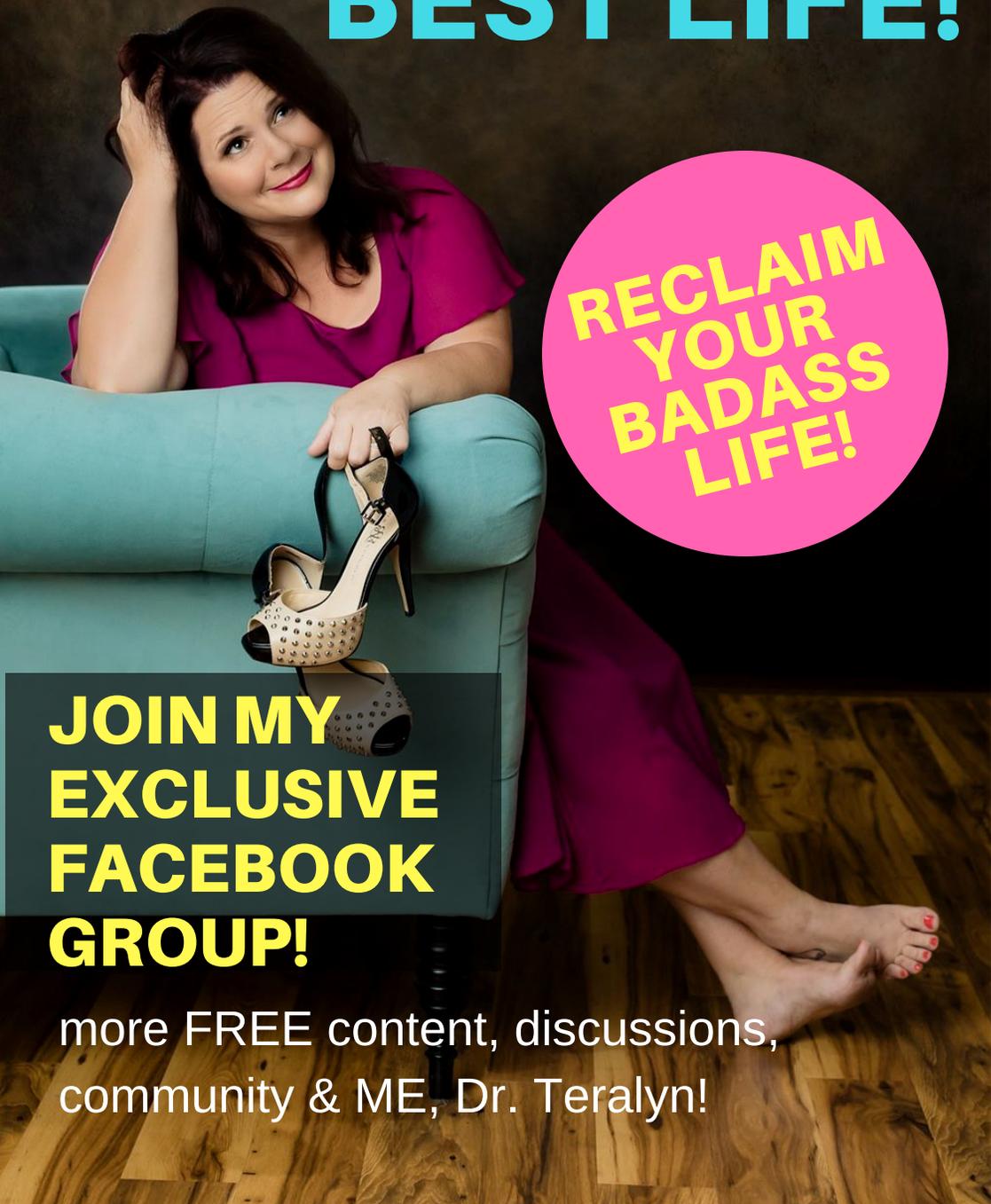


TOP 3 WAYS TO KICK ANXIETY & LIVE YOUR BEST LIFE!



**RECLAIM
YOUR
BADASS
LIFE!**

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1

**CREATE A
SPARK!**

Make a change!
A big change!

2

**HIT THE
BULLSEYE!**

Use targeted nutrients
that work!

3

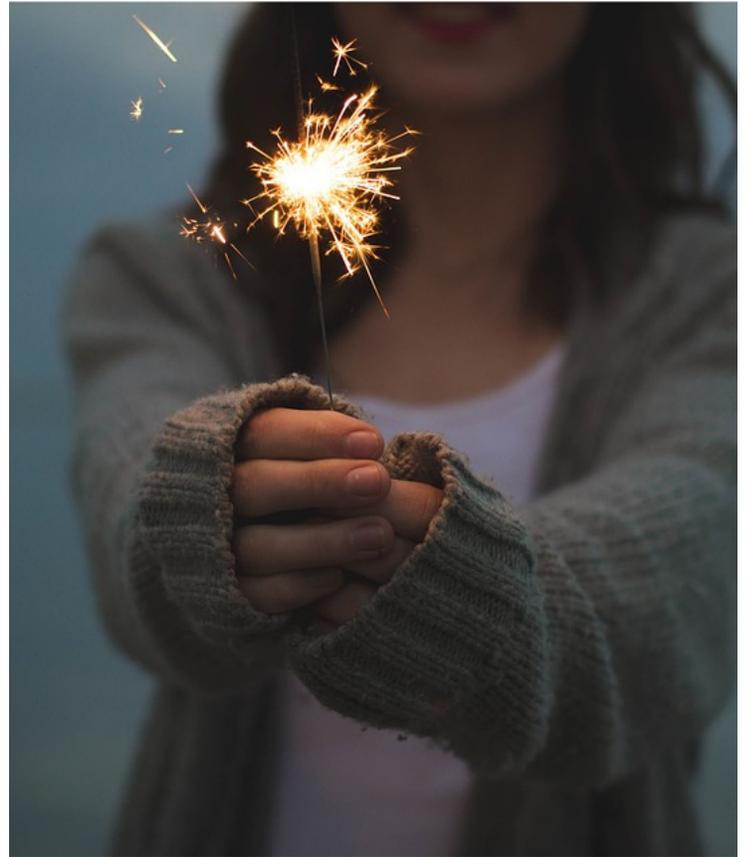
**SOAK IT
ALL IN!**

Get your feet wet

3 WAYS TO BEAT ANXIETY

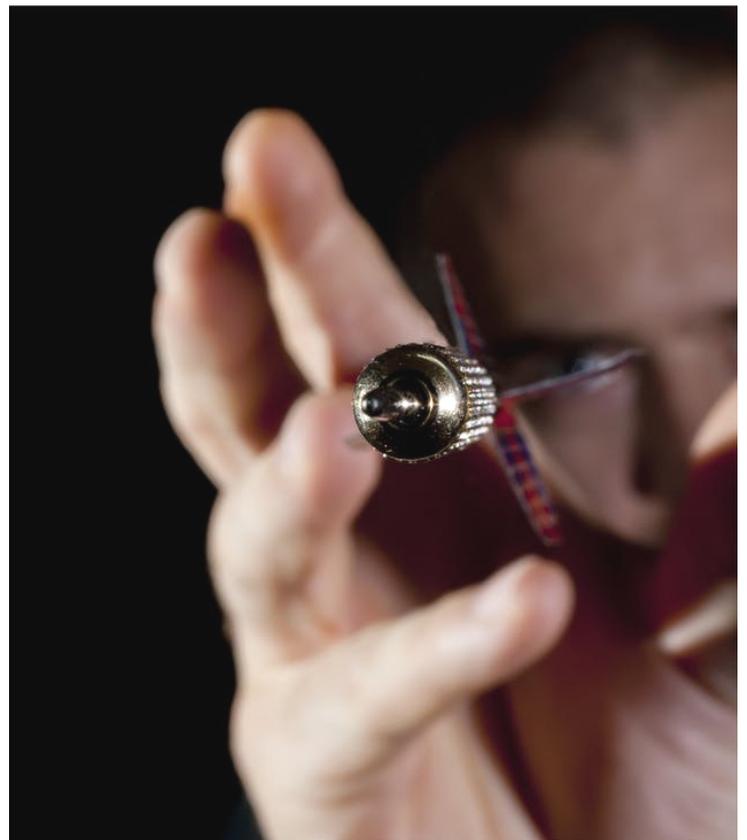
① CREATE A SPARK

Do you feel that anxiety has sapped moments and sometimes days from you? The first step in recovering your life is to stop 'owning' anxiety as yours. We say things like 'my anxiety' and we need to stop! Our words create our mindsets. Our mindsets create our lives! Create a positive mantra like 'I live in calm and peace all the time' and recite it daily.



② HIT THE BULLSEYE!

There are many nutrients that help relieve symptoms of anxiety. The first thing to do is to figure out what you need, or hit the bullseye. Targeted nutrition and supplementation is crucial in the first stages. Even before that....start eating protein every 3 hours and drink more water. Notice the difference for 2 weeks and see if it helps.



3 WAYS TO BEAT ANXIETY

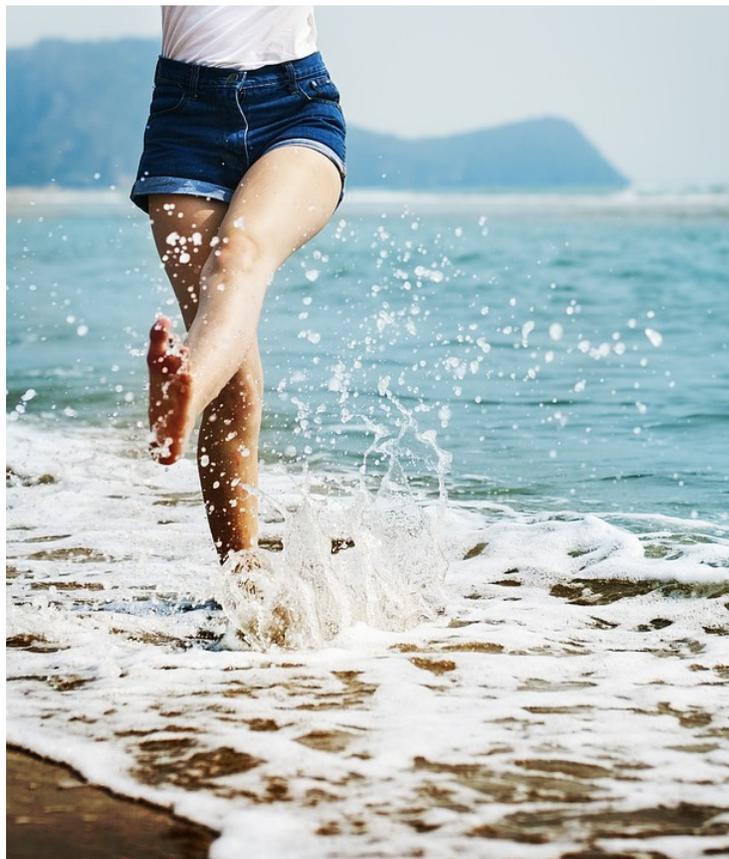
③ SOAK IT ALL IN!

Right now ask yourself 'where are my feet?' then list off 5 things you see, smell, touch..you get it! My favorite is using an essential oil like lavender or grapefruit to smell. Once you can begin to live in the moment, you will not be living in anxiety. Go ahead and give it a try! You'll be glad you did.

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Head over and join "Kick Off Your Damn Heels" Facebook page today! See you there!



Kick Off YOUR DAMN HEELS

How to Kick Anxiety & Live a Badass Life

Psychotherapist and Brain Health Coach Dr. Teralyn Sell, author of 'Kick Off Your Damn Heels: How To Kick Anxiety & Live a Badass Life', guides you into the confidence you need to take charge of your life, exhibit mental toughness and flow. She helps to provide you with practical, holistic solutions to fight anxiety, depression and how to improve your mental health. A different perspective will empower you to reach for natural, safe, and effective solutions, and "Kick Off Your Damn Heels" is that different perspective. www.kickoffyourdamnheels.com

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