

anxiety detox



CALM, CONFIDENT & IN-CONTROL

IN 9 MODULES YOU'LL LEARN:



FOUNDATIONS FOR MANAGING ANXIETY



HOW TO CALM SPIKES IN ANXIETY



REDUCE BASELINE LEVELS OF ANXIETY

THIS WAS SUCH AN AWESOME JOURNEY FOR ME. ONE OF THE THINGS THAT I LIKED THE MOST IS THAT EACH MODULE WAS FAIRLY SHORT. THE SEGMENTS WERE PERFECT LENGTH, IT WAS A TREAT AT THE END OF A BUSY DAY TO TAKE THIS TIME FOR MYSELF. IT WAS CERTAINLY ONE OF THE BEST THINGS I HAVE DONE FOR MYSELF IN QUITE AWHILE!"

~SUSAN (COURSE PARTICIPANT)



STACEY BRAKE, MSCE

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17+ YEARS EXPERIENCE

CERTIFIED INTEGRATED NUTRITION

MENTAL HEALTH MEDICAL PROVIDER