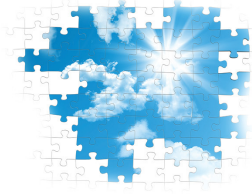


The Fear & Anxiety Solution



Guided Practices for Healing and
Empowerment with Your Subconscious Mind

Friedemann Schaub, MD, PhD

Session One: Exploring the Root Causes of Fear and Anxiety

1. Introduction to Session One
2. The epidemic of the twenty-first century
3. Our potential for health and healing
4. Exercise: Opening Your Mind for Change
5. Interrupting emotional patterns
6. The challenges in overcoming fear and anxiety
7. Five healing abilities of the mind
8. A closer look at fear and anxiety
9. Exercise: What Are You Afraid Of?
10. The role of the subconscious mind
11. Focusing on your goals
12. Goal-defining questions
13. Exercise: Aligning Your Inner Compass

Session Two: Working with the Source of Fear and Anxiety

14. Introduction to Session Two
15. Mind racing and negative self-talk
16. Exercise: Counterbalancing Negative Self-Talk
17. Stopping the downward spiral
18. Free-floating anxiety
19. Exercise: Emotional Modulation
20. Opposing parts of the subconscious
21. Resolving inner conflicts
22. Exercise: Parts Reintegration Process
23. Exercise: Solidifying Your Wholeness

Session Three: Releasing Unresolved Fear and Anxiety from the Subconscious

24. Introduction to Session Three
25. Why anxiety intensifies
26. Tapping into unresolved fear and anxiety
27. Exercise: Finding Your Lifeline
28. Conscious and subconscious memories
29. Lessons from the past
30. Exercise: Preparing for the Pattern Resolution Process
31. Exercise: Pattern Resolution Process
32. Integrating the work
33. Exercise: Realigning with Your Essence

Session Four: Transforming Limiting Core Beliefs

34. Introduction to Session Four
35. Permanent and lasting change
36. Identifying your core limiting beliefs
37. Exercise: Identity Switch
38. Exercise: Empowerment Accelerator
39. The healing power of fear and anxiety
40. Exercise: When Anxiety Overwhelms
41. BONUS TRACK: Realigning with Your Essence