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[The Anxiety Solution: A Quieter Mind. A Calmer You Chloe Brotheridge](#)

**'I know what it's like to be stuck in a cycle of anxiety. I used to feel as though fear and worry were a permanent part of who I was . . . but I'm here to tell you that it doesn't have to be this way. The truth is, your natural state is one of calmness and confidence - and I'm going to teach you how to get there.'**

*The Anxiety Solution* is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist Chloe Brotheridge.

Chloe will help you understand why we feel anxious, and will equip you with techniques to help manage the symptoms and start living a happier, more confident life. Based on the latest scientific research and her unique programme which has already helped hundreds of clients, *The Anxiety Solution* will show you how to regain control of your life.

If you want to spend less time worrying - whether it is social media pressure, perfectionism or fear of failure - this book is the solution for you. You'll be surprised how quickly you can be back in control and able to enjoy your life once again.

***The Anxiety Solution* is your roadmap to a calmer, happier and more confident you.**



Author photo © Simon Way

Chloe Brotheridge, BSc, DipH, DipNLP, HC, is a clinical hypnotherapist and nutritionist. She has her own practice in London and has helped hundreds of sufferers overcome severe anxiety.

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