



Freedom from Anxiety: A Revolutionary 10- Minute Process Returning Clarity and E

Dr Johnny Kenley

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How would you feel **without anxiety** about your appearance , your finances, your aging, your relationships, your work, your past, your future or the hundreds of other things that are nagging, and constantly running in the background of your mind ? How would having Ease and Clarity feel for you? Leaving anxiety behind, what do you think you would be able to achieve?

How Can You Actually Obtain This Freedom? Talk Is Not Enough And Drugs Do Not Cure, But There Is A Way

"The anxiety state of being prevents us from being resourceful and, importantly, from finding and residing in our forgotten natural state . Anxiety, as a degree of fear, resides in our body as a result of our disrupted energy fields. Our disrupted energy fields are the cause of this stuck state of anxiety, but these fields can be normalized and equilibrium can be achieved" Our anxiety is continually & unnecessarily draining energy from us and keeping us dead in our tracks from getting what we want and deserve.

What would your life be like if you were free from your anxiety... your fears? This book provides background and understanding about anxiety itself , your body and your energy fields; given this, you will be able to quickly learn the totally unique 7 step process called **REIN**(Resolving Emotional Issues Now) to rapidly dissolve your anxiety issues, by yourself.

What you will have then is-

- **EASE**-Walking away from your fears
- **LIGHTNESS**-Unchaining yourself from stress
- **CLEARNESS**-In setting and reaching goals
- **FLEXIBILITY**-Freeing yourself from just reacting to events
- **RELEASE**-Making your mental and physical tension vanish
- **DELIGHT**-In effortlessly, simply being yourself

"What I learned in Dr Kenley's workshop called REIN enabled me to instantly overcome my morbid 17 heart fear of the water in just 15 minutes"- Shakti, Russia

"I had 2 stuck issues for 12 years that critically held me down personally and professionally. The REIN process I learned dissolved both in 20 minutes"- Darren, UK & Singapore

"My anxiety surrounding my fear of dying, after my child was born, was debilitating;my heart raced and I could not breathe. When I tried REIN with Dr Kenley, this disappeared.That was 3 years ago, and it has never returned"-Sarah, Florida, USA

This book is not about mind or thinking, improved thinking or positive thinking, but rather a concise method that the reader can immediately use to dissolve their situational anxiety rapidly

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