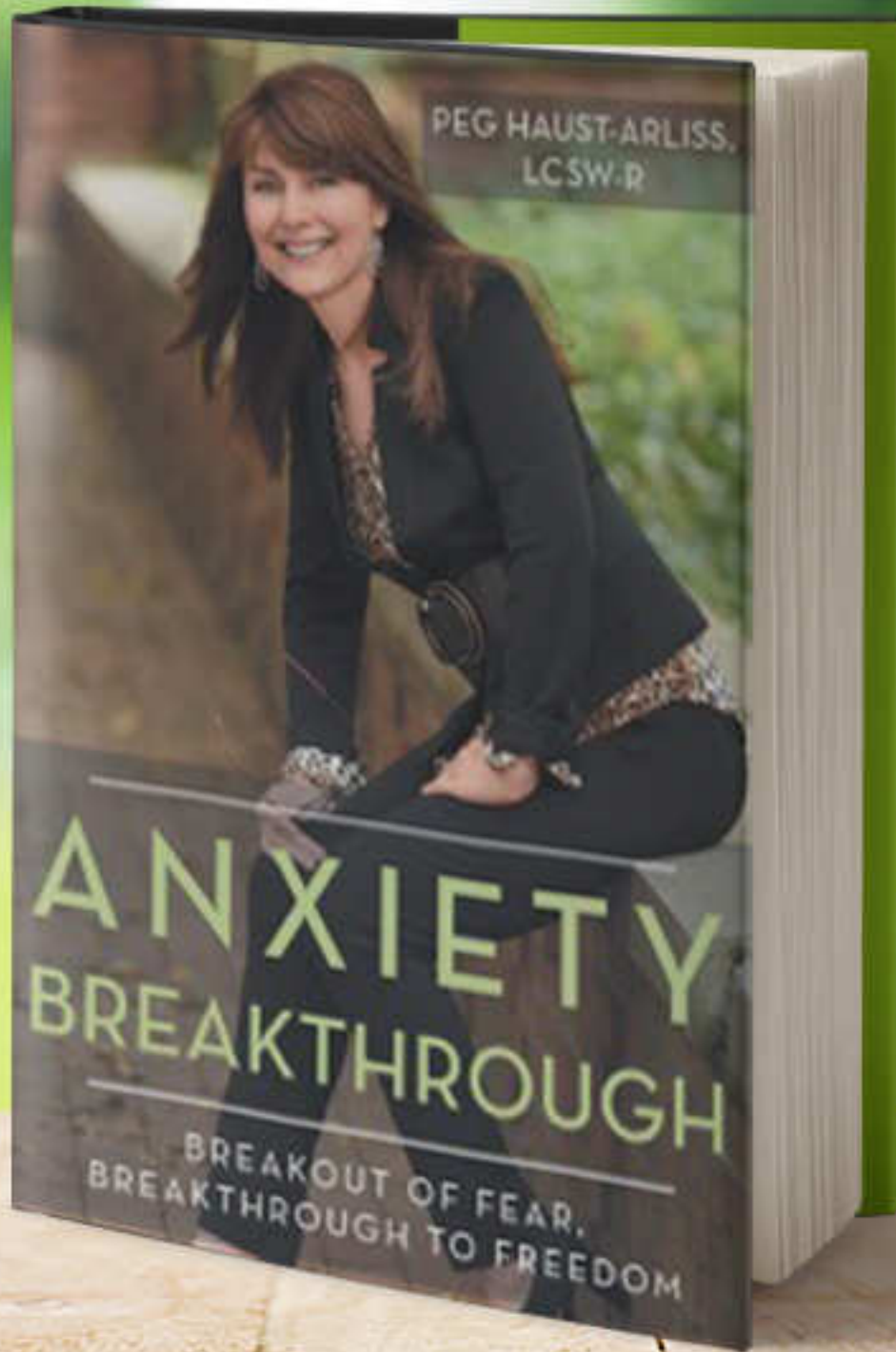


Anxiety Breakthrough



Anxiety Breakthrough gives you an escape plan to break free from your anxiety prison. First, the author inspires you with her own compelling story of imprisoning panic and anxiety then gives you her plan for escape; tools and strategies that will nourish your mind, body and spirit. Now, a psychotherapist specializing in anxiety, the author's down to earth, personable and empowering style jumps out of the pages making you feel she is working directly with you. Anxiety Breakthrough promotes a shift from a reactive, symptom-driven, disease approach to a proactive, practical, empowering all natural approach and ensures that you won't return to your tiny cell anytime soon.

"This book could be of great benefit to the millions of people suffering from unneeded anxiety."

Daniel Beck, LICSW

Clinical Supervisor, Beck Institute for Cognitive Behavior Therapy

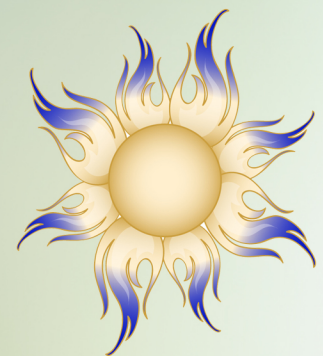
A FEW THINGS YOU WILL LEARN FROM THIS BOOK

- How anxiety has been conning you all this time
- Why changing thoughts alone doesn't work
- What to do if you fear taking meds
- The three keys for breaking out and staying out of Anxiety State Prison And how to create your escape plan

"Thanks so much for everything you did for me, Peg. For those without anxiety challenges it may not seem miraculous, but for me it was a miracle!"
(JB) Private Client

WHY READ NOW?

Because life is too short AND too long to be living with excessive stress and anxiety. Because freedom is your right. Because freedom from anxiety is waiting for you. Because your family and friends want you back. Because your life wants you back. Because YOU want YOU back! Because it's time to shine!



PROGRAMS AND INTERVIEW TOPICS AVAILABLE FROM PEG

Key #1 Freedom for your mind: How to achieve mindset mastery and make happiness your top choice

Key #2 Freedom for your body: How to eat and treat your body for health AND happiness

Key #3 Freedom for YOU! Attract passionate relationships, develop personal goals in all areas of life.

INTERVIEW QUESTIONS FOR PEG HAUST-ARLISS

- You are an anxiety specialist, is that because of your own personal experience?
- What are the three keys you talk about and why are they necessary for change?
- You wanted to get away from a traditional “disease” approach why?
- What are some of the most common fears and challenges you hear from your clients?
- What is one tool or strategy that you can tell our listeners today that might help with their own or perhaps their loved ones struggle with anxiety?

PEG HAUST-ARLISS

LCSW-R author, psychotherapist, life strategist, anxiety and vegan lifestyle specialist

SHORT BIO:

Peg Haust-Arliss, LCSW-R is a licensed psychotherapist specializing in eliminating anxiety and replacing it with optimal health and happiness. Author of *Anxiety Breakthrough; Breakout of Fear, Breakthrough to Freedom*, Peg's own struggle with debilitating anxiety lead her to be the specialist she is today. She has trained with the best in her field and has been counseling, coaching and empowering others for nearly two decades. Her home and private practice are located in the beautiful Finger Lakes Area of upstate NY where she resides with her husband and four fur kids.

LONG BIO:

Peg Haust-Arliss, LCSW-R is a licensed psychotherapist specializing in eliminating anxiety and replacing it with optimal health and happiness. Author of *Anxiety Breakthrough; Breakout of Fear, Breakthrough to Freedom*, Peg's own struggle with childhood public speaking fears and later debilitating panic attacks lead her to be the specialist she is today.

Because of anxiety, higher education was once only a dream, but she turned fear into determination and growth!

Peg's personal experience and educational pursuits underscore her appreciation for learning and her dedication to providing her clients with the best and highest quality services. She received her master's degree from Syracuse University and has learned from the masters in her field. She personally trained with world-renowned psychotherapists, Cloe Madanes and the Becks at The Beck Institute of Cognitive Therapy. She trained again with Cloe Madanes at the Robbins-Madanés Institute for Strategic Intervention, learning from coaching genius Anthony Robbins and Mark and Magali Peysha. She has achieved additional trainings and certifications in NLP (Neuro-Linguistic Programming), trauma, domestic violence and sexual assault.

Peg began to realize that her clients were doing amazing work overcoming anxiety, but many still felt unhealthy physically and this too impeded their progress. Knowing how to nurture one's health, body and spirit is absolutely necessary to achieve and maintain optimal and lasting results. For that reason, she also graduated from the Institute for Integrative Nutrition and The Vegetarian Health Institute.

She has been counseling, coaching and empowering others for nearly two decades. Her thriving private practice is located in the beautiful Finger Lakes Area of upstate NY where she offers in-person and online individual therapy, coaching, VIP Days, and coaching programs based on her book. She also offers education and coaching for plant-based vegan living.

Peg resides with her amazingly supportive and awesome husband and their four adored and spoiled fur kids.

PRESS RELEASE : AUTHOR, THERAPIST OFFERS NEW PROGRAM TO OVERCOME ANXIETY

Peg Haust-Arliss, LCSW-R, announces release of self-help book, 'Anxiety Breakthrough'

SENECA FALLS, N.Y. – In “Anxiety Breakthrough: Breakout of Fear, Breakthrough to Freedom” (published by Balboa Press), author and psychotherapist Peg Haust-Arliss, LCSW-R, provides readers with the tools to create an escape plan from the confines of anxiety. Haust-Arliss lays out a holistic process that she says not only eliminates excessive anxiety, but also provides the keys necessary for “forever freedom.”

“So many anxiety sufferers feel stuck because they are desperate for relief, but they often times fear or just don’t want to take meds,” Haust-Arliss says, adding that she was inspired to help others after struggling with her own panic and anxiety.

Haust-Arliss notes that unlike the disease model approach to overcoming stress and anxiety, her approach “promotes practical, empowering all natural solutions.” She hopes to help readers understand they have more control than they may realize.

“Anxiety Breakthrough”

- By Peg Haust-Arliss, LCSW-R
- Hardcover | 6 x 9 in | 158 pages | ISBN 9781452579894
- Softcover | 6 x 9 in | 158 pages | ISBN 9781452579870
- E-Book | 158 pages | ISBN 9781452579887
- Available at Amazon, Barnes & Noble and coming soon to local book sellers.
- Also find on the author’s website: PegHaust.com

ABOUT THE AUTHOR

Peg Haust-Arliss, LCSW-R, is a licensed psychotherapist, certified cognitive therapist, and vegan health and lifestyle coach. Haust-Arliss’ own struggle with debilitating anxiety led her to be the specialist she is today. She trained with the best in her field and has been counseling, coaching and empowering others for nearly two decades. She is the founder and owner of Fear to Freedom Holistic Psychotherapy. Both her thriving private practice and her home are located in the beautiful Finger Lakes area of upstate New York where she resides with her husband and their four “fur kids.” More information is available at PegHaust.com