

New Book by Author Elisabetta Reist Gives Readers the Power to Release Anxiety Through Small Changes

"Releasing Anxiety, Inviting Peace: Small Changes That Make a Difference" is available on Amazon and in bookstores around the world.

LUGANO, SWITZERLAND, November 19, 2014 /EINPresswire.com/ -- How long have you been struggling with episodes of anxiety, along with that feeling of frustration because you felt there was no way you could control it? How long have you been experiencing that feeling of crushing fear that occurs even in situations that most people consider to be safe? People eager to release anxiety and take more control over their lives will find that a new book by author Elisabetta Reist delivers solid insights for doing just that. "[Releasing Anxiety, Inviting Peace: Small Changes That Make a Difference](#)" is a guidebook that puts readers on the pathway for living happier without anxiety and stress.



"Releasing Anxiety, Inviting Peace" takes a practical approach to change by focusing on the small but effecting measures people can undertake to help with [reducing stress](#) and releasing anxiety. While big changes can make a big differences, too, Reist says small changes are often more manageable and their effects can add up quickly in positive benefits for daily living.

"[Effecting positive change in life](#) can be daunting, especially if the changes are big and drastic" Reist said. "But, when decisions to effect change involve smaller steps, they're simply often easier to people to employ and stick with. Choosing the best food for a good mood, for example, can help with stress and anxiety without requiring a complete overhaul of lifestyle."

While the ultimate goal is a lifestyle that's healthy, happy and as stress-free as possible, Reist says it's often best for people to start small and enjoy the benefits and wins of doing so. As they

build upon each win with a new small change, the overall "big picture" changes as does the energy and vibrations in their lives.

"Learning simple things such as the comfort foods that cause discomfort, how to calm thought, and becoming aware of what triggers anxiety and more empowers people to gradually take control, let go of anxiety and simply enjoy their lives more," she says.

Reist's new book is available on Amazon.com and all its related stores as well as in bookstores around the world.

Available in English, Spanish, Italian and German, "Releasing Anxiety, Inviting Peace" is just one of several books Reist has to her credit. In addition to being a certified instructor of EFT, Positive EFT, Quick Remap, Emotrance, LOA, Age Gate Therapy and SpringForestQiGHong Reist is a master healer. She is also a master of languages and owns a company that's dedicated the last 40 years to teaching languages and offering translation services.

For the last 15 years, Reist's passion has been found in helping others develop personally while assisting them with stress and anxiety-related concerns. Her coaching services are available in English, Italian, French, German, and to an extent, Spanish. She intends to add new coaching classes in SpringForestQiGong and other methods in early 2015.

For more information about "Releasing Anxiety, Inviting Peace", and Reist's other works, visit her website at www.kissanxietygoodbye.com

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Elisabetta Reist
Reistlingue
+41765635907
[email us here](#)

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