



The Total Psyche: How to Understand and Overcome Anxiety, Depression and Low Self-Esteem

K B Jackson

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- Do you suffer from anxiety, depression or panic attacks?
- Do you have low self-esteem and struggle to find value in your life?
- Do you wish to build your confidence and learn to believe in yourself?

If you answered yes to any of these questions, then this book is for you. A unique look into the human psyche, explaining how and why our emotions evolved from our primitive ancestors and just how many of those emotions are now obsolete in today's modern world. Learn unique and insightful techniques that teach how to understand and overcome your anxiety, depression and rid yourself of low self-esteem whilst building a more rounded and confident frame of mind.

You will first be shown how to understand what your condition means and where it may have come from. Then you will be shown a variety of proven techniques to help banish your anxiety and depression and help to change you into the strong, confident person that we can all become.

These techniques include aspects from:

- Cognitive Behavioural Therapy
- Neuro-linguistic Programming
- Self-reflection Therapy
- Evolutionary Biology
- And many more...

K.B. Jackson has written on this subject for many years and through his own research has managed to help scores of people overcome their problems through his unique methods. This book is a concise and accessible guide to some of those techniques, but the most fundamental aspect that you will learn is the UNDERSTANDING of your emotions, which will give you the solid foundations for change within yourself.

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