



# Escape Anxiety: 8 Steps to Freedom Through Meditative Therapies

By Suzanne Jessee

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## Escape Anxiety: 8 Steps to Freedom Through Meditative Therapies By Suzanne Jessee

Forty million Americans suffer from anxiety disorders. Escape Anxiety: 8 Steps to Freedom through Meditative Therapies explains the causes and symptoms of these complicated and often misunderstood medical disorders and offers a path to recovery through Suzanne Jessee's revolutionary 8-Step Escape Anxiety treatment program. Designed to provide natural techniques to manage anxiety, each step to healing includes exercises and a specially designed script for a guided meditation based on her innovative methods of Neurogenesis Meditative Therapy™ (NMT). By combining proven therapeutic techniques of Cognitive Behavioral Therapy with ancient mindfulness practices, NMT empowers anxiety sufferers by liberating them from unhealthy "thought myths" to help them create sustainable, life-changing habits. Backed by recent scientific proof that meditation has a transformative effect on the physical brain, Suzanne demystifies the practice of meditation and demonstrates its power as a viable alternative to synthetic medications for treating anxiety. After years of experience helping patients at the Betty Ford Center and other clinical settings, and recognition for her success from the top experts in the field, Suzanne Jessee now offers an affordable and accessible in-home treatment program to heal those who suffer from the devastating effects of anxiety disorders.

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## **Escape Anxiety: 8 Steps to Freedom Through Meditative Therapies By Suzanne Jessee Bibliography**

- Sales Rank: #359705 in Books
- Published on: 2015-02-03
- Original language: English
- Number of items: 1
- Dimensions: 9.14" h x 1.02" w x 6.37" l, .0 pounds
- Binding: Hardcover
- 304 pages



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### Editorial Review

#### Review

In this book and related PBS television special, Jessee, creator of antianxiety programs at the Betty Ford Center in California and Michigan's Brighton Hospital, draws on her experience as a clinical therapist and her earlier struggles with alcoholism, depression, and anxiety. Her book will be useful to anxiety sufferers, as its numerous checklists and narrative will first allow them to recognize that their symptoms are not simply what everyone goes through, and the tips and especially guided meditations?self-led sessions that increase in length as the book goes on?will allow them to begin recovery. Jessee includes numerous warnings to also seek a physician's advice. She makes it clear that she believes in God and advocates spirituality as one way to heal, but overall the book is suitable for those of varying faiths or no faith. Refreshing is the author's recognition that the need to get better is one more source of stress, and she takes it easy on readers, reminding them that they're often their own worst enemy and recovery isn't a race.

**VERDICT** Within the first few pages of this book, readers will learn ways to combat lifelong problems. Pair with Jacqueline Hornor Plumez's forthcoming *The Bitch in Your Head* for an anti-anxiety course.

(Henrietta Verma *Library Journal*)

#### About the Author

Suzanne Jessee, M.A., C.Ht., is the creator of Escape Anxiety, a multi-disciplinary therapeutic program for the prevention, management, and treatment of anxiety and panic disorders. She designed the anxiety specialty programs at the Betty Ford Center and Brighton Hospital. Suzanne earned her M.A. in Addiction Studies at the world-renowned Hazelden chemical-dependency treatment center in Center City, Minnesota, and her B.S. in psychology at Eastern Michigan University. Her unique contribution to anxiety treatment has been recognized by leaders in the field, including best-selling author Dr. Bernie Siegel. After hospitalization in 1991 with severe depression, panic disorder, and early stages of agoraphobia, Suzanne made it her life's mission to get well, and then to study the psychology and physiology of anxiety and panic disorders. Suzanne lives in Palm Desert, CA, with her miniature Chihuahua, and enjoys nature hikes in the Coachella Valley Mountains with her daughter and Grandson.

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