



Life Coach Diane Haworth's Book Shows How to Turn Anxiety into Peace When You Just Want to Slap Somebody?

January 24, 2017

January 24, 2017 - PRESSADVANTAGE -

Author Diane L. Haworth says people are feeling angry, frustrated and frightened about the future of the United States and the world. "They feel anxious and increasingly powerless every time they turn on the news and want relief from the stress they feel on a daily basis," said Haworth, author of "How to Choose Love When You Just Want to Slap Somebody."

The book provides that relief with fast, easy and effective tools to manage personal stress in the face of life's uncertainties.

Haworth uses humor, real-life stories, and simple exercises to help people understand where they get stuck, and how to get unstuck in their lives. Most of all, she shows people how to turn anxiety into peace by bringing conscious awareness to life's daily chaos.

This book helps the reader:

- ? Remain calm in the face of trauma
- ? Move past hurt, grief, and sadness
- ? Learn on-the-spot relaxation techniques
- ? Recognize thoughts create reality

Haworth said, "Between the US political campaign drama, economic uncertainty, and world-wide terror threats, many people thought 2016 was brutal. And they're still feeling bruised, unsettled and fearful. I've figured it out. While there may be drama all around you, you don't have to buy a ticket to the show. I've written a book that teaches people to control their fear and enjoy their life."

Diane L Haworth is a life coach, author, and speaker who helps clients "bring consciousness to chaos" to live happier, more productive lives.

For more information visit www.DianeHaworth.com, see her Facebook page at <https://www.facebook.com/DianeLHaworth> or visit her Amazon Author Page at <https://www.amazon.com/Diane-L.-Haworth/e/B00MQ6MX10>.

###

For more information about Diane L. Haworth, contact the company here: Diane L. Haworth 540-222-0196 (US Eastern Time) Diane@DianeHaworth.com

Diane L. Haworth

Website: <http://DianeHaworth.com>

Email: Diane@DianeHaworth.com

Phone: 540-222-0196 (US Eastern Time)

Powered by PressAdvantage.com