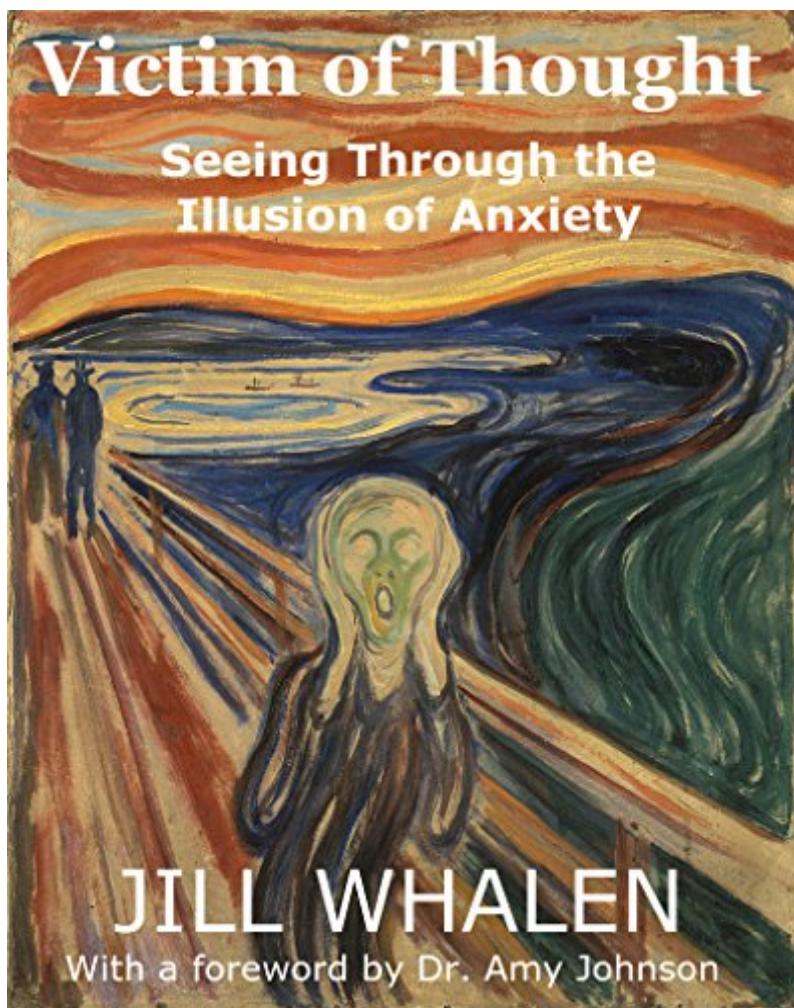


The book was found

Victim Of Thought: Seeing Through The Illusion Of Anxiety



Synopsis

All our lives we were brought up to believe that other people and situations were what caused our anxiety. As it turns out, we were sold a pack of lies! What if the only thing causing your anxiety is your own thoughts? And what if underneath your anxious thinking was your true, perfect self--whole and healthy and untouched by all your fears? How would this change your life? For Jill Whalen, understanding this information switched off a lifetime of anxiety and addictive behaviors. In *Victim of Thought: Seeing Through the Illusion of Anxiety*, Jill describes how she spent over 50 years in a constant state of anxiousness. While she could feel fine one minute, she never knew what might be lurking around the corner that could seemingly disturb her peace. It was only when she learned the simple truth of where her anxiety was really coming from--and that underneath it was her innate well-being--that she no longer was a victim to it. In this easy to read and understand book, Jill logically explains how having one or more insightful "aha moments" can wipe away a lifetime of anxious thinking. She shares numerous relatable stories and examples from her own life to help you see the truth in her words. Jill also provides you with step-by-step instructions to become more aware of your own thoughts, which in turn puts you back in the driver's seat of your life. But the proof is really in the pudding, and Jill encourages you at every turn seek your own examples and evidence of how you've let yourself become a victim of your own thoughts. Once you see this for yourself, your life and your anxiety will magically transform before your eyes! If you're tired of believing that you're a victim to your anxiety, and are looking for a more peaceful life, then this book is for you.

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ITAL REVIEWS "The book was fascinating, particularly as someone who also struggles with anxiety. I think you did a great job of explaining the concepts to a layperson. I particularly found both the Thought Stream and also the Thoughts Storm as a snow globe metaphors extremely effective! It's very easy to relate to and very eye-opening. Hopefully I can find a way to start practicing some of this thought work into my own life! The idea that our normal state is peace - so simple, but so difficult to realize without it being pointed out!" - Ashley R. "I love your book. It's so wise and clear. I'm very grateful that you sent me a copy!" - Ingrid M. "I found the thought processes you speak of very enlightening and it does seem to make the complex reasons for anxiety simpler to understand." - Cyndy F. "It's great! Well written and flows well. I like that you began with your story and laid things out really nicely. The separate sections are super helpful and make logical sense to anyone who is new (or old) to the concept. Overall this book is VERY needed and useful and just has a really nice feeling to it as well. I think it would also be a reference for someone who has anxiety. A book they

go back to when they get caught up in their thoughts." - Lana B.

Book Information

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Customer Reviews

Jill bears her soul and shared how she dealt with anxiety for the greater portion of her life. After trying multitudes of advice and standard treatments, she was discovered a new way to live her life. Her anxiety disappeared and a new life presented itself through her new attitude and practice. If you have suffered from anxiety, this book is a must read.

I totally related to Jill's story in this book. It was very helpful in reminding me we are always feeling our thinking and external people and circumstances cannot cause our pain. It is always our thinking. I loved this book. I just wish it was longer! Will definitely re-read again!

In this short, very readable book Jill shares her own journey of seeing her anxiety to be thought-based feelings, that can be seen for what they are and let them flow. Her experience is

relatable and the explanations of the 3P clear and easy to grasp. Reading this book I realized how significant a role anxiety, or the avoidance of it, has played in my life and how seeing it as just thought, an inside out creation, I can choose to see if for what it is and let it go. This is huge!

I love that Jill tells her story, I could relate with her childhood anxieties. I felt how I still carried all that with me even now. Because I recognized the feelings I was able to release them. I would recommend this book to my friends and family and anyone who feels like there is more to life but it feels like something is holding you back.

This book was an absolute joy to read. Jill's style is conversational, like a good friend chatting over coffee. She is the friend who returns after a long journey to far-away places; she looks the same, but yet seems totally different. And all you want to say is, "Wow, tell me more..." This book describes an A-ha Moment (free and accessible to anyone) that is profoundly life-changing and in hindsight seems like the most obvious fact in the world. Get ready to smile, and highlight many, many pearls. You too might burst out laughing, saying, "Wow, now I get it!"

This is a fantastic book. This book is very helpful and I have read a lot of books about curing stress and anxiety. It is a great read and really delivers some answers! This book allowed me to experience an understanding of my personal anxiety that helps me in stressful situations! Thank you for sharing your insights Jill they are contagious!

This simple book has a profound message. You don't have to suffer! I've read hundreds of self-help books, this is one that really delivers a way out of anxiety! Trust me, I have taken Jill's ideas to heart and I can honestly say I have less anxiety than ever in my 56 years of living.

If you suspect that you have any form of anxiety, may I respectfully suggest that you read this book.. Simple yet powerful. Let go of any preconceived ideas about how the mind works, stay open, and the benefits will flow. A worldwide must-read!

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