



## daily GOOD

Nothing in the affairs of humanity is worthy of great anxiety.  
--Plato

### **The Fear And Anxiety Solution**

If you live with fear and anxiety, you are not alone. Anxiety is the most common mental illness in the U.S.-- more than 50 million people have been diagnosed with anxiety at some point throughout their lives. Thankfully, Friedemann Schaub gives anxiety sufferers a whole new way of looking at and addressing their condition in his book. He emphasizes that anxiety is the product of a limiting belief about ourselves and offers tools to change that vision.

### **Be The Change:**

Write down ten things you've accomplished in your life, ten skills and talents that you have, and ten times when you've solved a problem or overcame adversity.