



daily GOOD

Anxiety is an emotion; it's not a disease. It's an essential part of your intelligence, and it brings you unique skills that are irreplaceable. --Karla McLaren

Welcoming the Gifts of Anxiety

"Your anxiety helps you identify problems and opportunities, and it brings you the energy and focus you need to face them. Anxiety also helps you complete your tasks and projects, and it gives you the push you need to meet your deadlines. Yes, you need skills to work well with your anxiety, but your anxiety is a valuable and brilliant emotion that's essential to pretty much everything you do." Karla McLaren's groundbreaking work paves a path for understanding and accessing the vital intelligence of all our emotions. Her latest book, "Embracing Anxiety," offers timely wisdom and guidance for how to work with this common and commonly misunderstood emotion.

Be The Change:

For more inspiration join this Saturday's Awakin Call with Karla McLaren. More details and RSVP info [here](#).