

"A masterly outline of the best way to dissolve fear from our lives and allow into our awareness the glowing love it was hiding. I can't recommend this book highly enough."

— Gary Bernard, bestselling author of *The Disappearance of the Universe*

From
Anxiety
to
Love

A RADICAL NEW APPROACH
FOR LETTING GO OF FEAR
AND FINDING LASTING PEACE



CORINNE ZUPKO

FOREWORD BY ROBERT ROSENTHAL, MD

Corinne Zupko

**From Anxiety to Love: A Radical New Approach for Letting Go of Fear and
Finding Lasting Peace**



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Seeking ways to do a lot more than temporarily alleviate her symptoms, Corinne began to study A Course in Miracles (ACIM), mindfulness meditation, and the most recent therapeutic techniques for treating anxiety. Incomparable Unstoppable Inner Peace Writer Corinne Zupko undertook her research of psychology out necessarily when debilitating stress threatened to derail her life. In From Anxiousness to Like, she shares what she learned and gently manuals you through the procedure, assisting you undo anxiety-based thinking and fostering mindful shifts in mind and actions. Whether fighting everyday stress or near-crippling soreness, you will see that Corinne' rather than just dealing with —s approach offers a new method of healing from — fear and anxiety.



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Accessible and practical information for the layman along with the professional healer After reading my copy of From Anxiety to Love, compiled by Corinne Zupko, I could say that I recommend this read. As I relocated through the pages, I possibly could identify with most of the stressors Corrine described, but was pleased to discover that her recommendations for dealing with stress and anxiety can be easily implemented into our day to day lives. The contents of this book are for the layman and also the professional. I view it as a personal handbook that I can access when I've relocated toward anxiety-stress on the wellness continuum. However, as a spiritual counselor, I feel as though I now have additional tools from which I could draw as I give options to my clients. A very important introduction to A Program in Miracles and toolkit for letting go of anxiety and remembering who you are! I say this because I find that many people here who feel attracted to the Course are looking for a quick fix. Sharing), the Program in Miracles middle in NEW YORK. From Anxiety to Love can even serve as a valuable resource for people who have already worked with the Course since it contains numerous interesting exercises that are essentially variants on the Course Workbook lessons, ways of calming one's thoughts and dialoguing with one's Holy Spirit or Inner Therapist. The city has a great deal to offer and individuals who come here have a tendency to work actually hard and become very active. I'm a fellow instructor and long-time pupil of A Course in Miracles and Director of CRS (Middle for Remembering & We had the opportunity to hear Corinne Zupko speak on spirituality and concepts from A Course In Miracles in a small group environment and was attracted to her strong ability to communicate spirituality and how she integrated them into her Daily Life.that's ever present is a valid question. An excellent book, that I will refer back to.Differing people learn in different ways at different times, and sometimes some of us can recognize our own thought patterns more easily directly after we see and come to comprehend the same or comparable pattern in someone else. By displaying us how she looked at her personal thoughts about herself and discovered to recognize when her emotions and life encounters were being shaped by beliefs about herself that she no more wished to hold onto, Corinne presents us a clear way for doing the same. Whenever we are in the throws of an anxiety attck, we might have a hard time calming ourselves down enough to look clearly at our own thoughts and recognize how our underlying beliefs.I came across Corinne to be a compelling storyteller, and We quickly became immersed in her tale, forgetting my own. I have recommended this book to family and plan to give it as gifts to those who may benefit. I collection them aside. Like! With this restored consciousness, I can look at my have thoughts without identifying with them or getting overly enthusiastic by them. While remembering that I am like and not my thoughts, I could look within my thoughts without fear and examine the underlying beliefs just as Corinne do, and with Love there with me, I can feel strong and obvious enough to let go of the beliefs that torment me or no more serve me or make any feeling.We have this book on screen inside our Center's lobby and students grappling with stress and anxiety of their very own have been immediately attracted to it. I relate therefore much to her college experience with loss of life of a fellow pupil for me it was Junior High, all of a sudden learning on Monday at school a friend had passed away on the weekend. New Yorkers tend to be very busy people. This book and its author are Shining Lights for the World One would be hard-pressed to find a more lovely testament to the power of Love. Changing Lives, one lifestyle at a time! This book, this author speaks to me, to my neediness and brokenness. She relates in a very easy, understandable way how she walked out of this fearful place. I relate to every one of them. The emotions of panic, the emotions of fear. She relates anxiety attacks, I've had those so bad, I could not even remain in the grocery store buying meals. I had teenagers and would indication a check and also have them continue buying our every week food. I am acquainted with other Course materials and found that Corinne's writing makes the Course very available without diluting the concepts as other authors may do at times to make the material more applicable. This book is normally a deeply personal trip for the author and a mild invitation for visitors to let go of fear and trust in an activity of discovering who we have always been. I believe it could serve as a great introduction to A Training course in Miracles and may also be immensely helpful as a standalone

information. The non-public anecdotes she shares demonstrate how Corinne provides struggled and how her honesty and vulnerability uncovered the deepest spiritual strength and peace within herself. Life changing book ! The Ego is NOT my amigo! She writes in a conversational design which makes the reader believe that there is somebody out there who really understands. Afraid that I'd come down with her same malady. As a Psychiatric Nurse, I will run health groups on mediation using Zupko's cd and start to see the positive changes in other people. Corinne's authentic voice produced me trust her. From Anxiety to Love stands on its own as a really helpful guide, and can be a wonderful introduction to A Training course in Miracles, simplifying its mighty concepts and delivering them in ordinary English so the reader can place them to work right away. A Truly Helpful Guide to Inner Peace Not only will Corinne brings empathy and encouragement to anxious people, but she offers unique approaches to proven techniques such as mantra, mindfulness and meditation. I love her first reserve! Whether it seems sensible to consider a "quick fix" to a predicament — the temptation to ignore who one can be — Zupko's "Take 5 Mindfulness Meditation Series" was my gentle method to starting meditation and gave me personally the tools I needed to begin a daily meditation practice. From Panic to Love displays us exactly how to uncover the same spiritual strength and peace for ourselves. I was very interested in ACIM, but if that text may be the same, I experience like it is a waste of money for me personally! Corrine shares from the heart her battles with anxiety and demonstrates how she defeated stress utilizing the universal principles laid out in the "Training course In Miracles". Once you select this reserve up, you won't want to put it down since it will resonate and you may relate to the content. "From Anxiety to Like" provides a clear pathway to Internal Peace. Corrine Zupko is a welcome fresh voice in the wonderful world of metaphysics and spirituality and I anticipate writer's future functions! This creates space in my own awareness and allows me to recognize that the book's wisdom echoes my own, echoes universal wisdom, restores my knowing of the presence of Love and the Holy Spirit (or Inner Therapist) in my own mind. Encouragement This book really was honest and encouraging. This book was exactly what I had a need to help get through an extremely difficult time. Corinne Zupko's inspirational phrases motivated me to examine my scenario and change my perspective to a far more positive place. Thank you for sharing your love as well as your light through the pages of this book! ?? ~Allison Not for me! This book is becoming my therapist. I don't care for her use of God and the Holy Spirit! She explains in the beginning that whenever she uses those conditions, she doesn't mean God in the Christian meaning of the term, but I can't get approved it and she refers to them frequently. Since I spent 16 years of my entire life as a Christian I can't digest those terms as any other meaning! I tried for 200+ pages! In "From Anxiety To Like: A Radical New Strategy for Letting Move of Fear and Finding Lasting Peace". I must say i enjoyed the practical good examples and stories because it makes the materials relatable.! I love all the meditations that are included in this publication. That said, I really do believe that books like Corinne's can be hugely helpful, in Corinne's case because she explains the Course thought system so obviously and concisely and prospects us through her personal journey through replacing fear and anxiety with loving thoughts in that specific and engaging method. Love and Peace We loved the inspiring phrases that came from this book. There is a stage in my existence were I did so not know how to like and couldn't get past worries and after scanning this reserve and incorporating what I've learned in my living, I am now an improved peaceful person and I'm able to help others improve aswell. Beautifully written, thought provoking, comforting, deep and inspiring! What an amazing, life changing browse. I am so grateful to possess purchased this reserve and thoroughly enjoyed the trip that it brought me on. After a single read through, (trust me you will want to read it again), I have already begun to apply some of the concepts to my own life and experience. When I concentrate on something (apart from fear), my mind does not have any room to think scary thoughts. I really like the voice Corinne uses throughout this publication; she actually is insightful, passionate, energizing, caring and FUNNY! Without discounting modern medicine, Zupko's book offers another way to look at stress and anxiety and manage it. Corinne encourages and supports you to

look within yourself, open your mind and discover inner peace, while also enhancing your romantic relationship with yourself, others and the universe! The support and care that Corinne conveys is certainly incredible. I am hoping Corinne writes another book, because I will definitely be purchasing it! AMAZING! I have already been a Course college student for a long period and still found so many new insights in Corinne's writing. Personally i think she always takes Program material to new depths for me. Needless to say, I'm extremely disappointed! I was able to apply Training course teachings in a fresh way to my entire life. And I love how she shares that's does not matter how aged or youthful you are, your sex, your occupation. It can bring the healing that you have been searching for for a long time. It is spiritual however, not religious, so folks of all religions can relate. This is the perfect book for resolving your anxiety issues. All it takes is a little bit of willingness and allowing. Highly recommended. I've paid attention to her on several podcasts therefore i was excited to learn her book. I highly recommend it! She lays out a simple plan for getting beyond this crippling dread. Corinne's courageous providing of her personal and professional encounters with openness and honesty is certainly refreshing. It is practical and hands-on with workbook exercises help out with changing from fear- based thinking to like.



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