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# Play It Away: A Workaholic's Cure for Anxiety (English Edition)



*Par Charlie Hoehn*  
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## Description :

Prsentation de l'diteur"Here's the cure to your stress!"Tony Robbins, Strategic adviser to world leaders, #1 bestselling author of Personal Power (40 million copies sold)Do you feel guilty or anxious when you're not working? Have you stopped playing with your friends? Do all of your daily activities revolve around building a more successful career?Do you have trouble breathing, relaxing, and sleeping? Are you consuming stimulants multiple times per day to hide your exhaustion? Are you sitting still and staring at

screens for most of your waking hours? Are you trapped in your own personal hell, and dont know how to get out?Ive been there, and I know what its like. Shallow breathing, tension in the gut, chest pains, rapid heartbeat... Every moment is exhausting, crushing, and painful. Anxiety destroys your confidence, your productivity, your relationships, and your ability to enjoy life. The worst part is the obsessive hopelessness the gnawing sense that youll never feel happy again.Fear no more. You can put an end to your suffering. You can start living again. And its not as hard as you think...Play It Away covers my entire journey: what caused my anxiety, the A-ha! moment that lead to my cure and how I got my life back. In this book, youll learn: - The key breakthrough that allowed me to enjoy life again (page 27) - My step-by-step plan for healing anxiety without drugs (page 47) - How I turned non-stop worrying into background noise (page 95) - My unusual technique for stopping panic attacks (page 100) - Why anchors fuel anxiety, and how to remove them (page 49) - How I finally started sleeping well again (page 85) - Three common nutrient deficiencies that amplify anxiety (page 114) - How to boost productivity and have guilt-free fun (page 70)###Actual Reader FeedbackAfter reading your book, everything clicked for me There are so many parts in it that I can relate to; the anxious feeling from coffee, lack of sleep, too much time spent on my laptop/iPhone, and so many other things I cant explain how nice it was to know that someone finally understood AND has solutions to change those feelings The answers Ive been searching for and asking doctors about for almost the last 3 years, you were able to summarize in one book.As someone who has been racking his brain trying to figure out where I went wrong, reading this was a gigantic breath of fresh air.I'm a developer whos been struggling with burnout for a long time. I read your book in a single sitting. The only feedback I've got is THANK YOU! I'm so appreciative of your words because they validate what I've been feeling deep down all this time.Im going to implement this stuff on my own, even though I dont feel like I struggle with anxiety. I just think this can help me be a happier, more fun person.Ive become so isolated and miserable... Somewhere along the way I ended up working every second I could, thinking it made me feel better... I cant remember the last time I did something fun and not felt bad about doing so... This is what I needed to hear to save my life.Charlie's transformation through the rediscovery of his own innate play nature stands as an example available to all of us. Access your own unique play capacities and infuse them into your life! It works!- Stuart Brown, M.D., bestselling author of PlayPrsentation de l'diteur"Here's the cure to your stress!"Tony Robbins, Strategic adviser to world leaders, #1 bestselling author of Personal Power (40 million copies sold)Do you feel guilty or anxious when you're not working? Have you stopped playing with your friends? Do all of your daily activities revolve around building a more successful career?Do you have trouble breathing, relaxing, and sleeping? Are you consuming stimulants multiple times per day to hide your exhaustion? Are you sitting still and staring at screens for most of your waking hours? Are you trapped in your own personal hell, and dont know how to get out?Ive been there, and I know what its like. Shallow breathing, tension in the gut, chest pains, rapid heartbeat... Every moment is exhausting, crushing, and painful. Anxiety destroys your confidence, your productivity, your relationships, and your ability to enjoy life. The worst part is the obsessive hopelessness the gnawing sense that youll never feel happy again.Fear no more. You can put an end to your suffering. You can start living again. And its not as hard as you think...Play It Away covers my entire journey: what caused my anxiety, the A-ha! moment that lead to my cure and how I got my life back. 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could, thinking it made me feel better... I cant remember the last time I did something fun and not felt bad about doing so... This is what I needed to hear to save my life. Charlie's transformation through the rediscovery of his own innate play nature stands as an example available to all of us. Access your own unique play capacities and infuse them into your life! It works!- Stuart Brown, M.D., bestselling author of PlayBiographie de l'auteur Charlie Hoehn is the author of Play It Away (#1 Stress Management) and Recession Proof Graduate. He is also the founder of The Recess Project (therecessproject.com). Charlie's article about the power of play is the #1 worldwide result on Google for the search "cure anxiety" (above Oprah.com), and has been read by over one million people. His work has been featured on NPR's TED Radio Hour, Fast Company, Harvard Business , Forbes, Globe and Mail, Mating Grounds, and many others. He lives in Austin, where he hosts weekly recess at Zilker park and performs improv at the Hideout Theatre.  
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