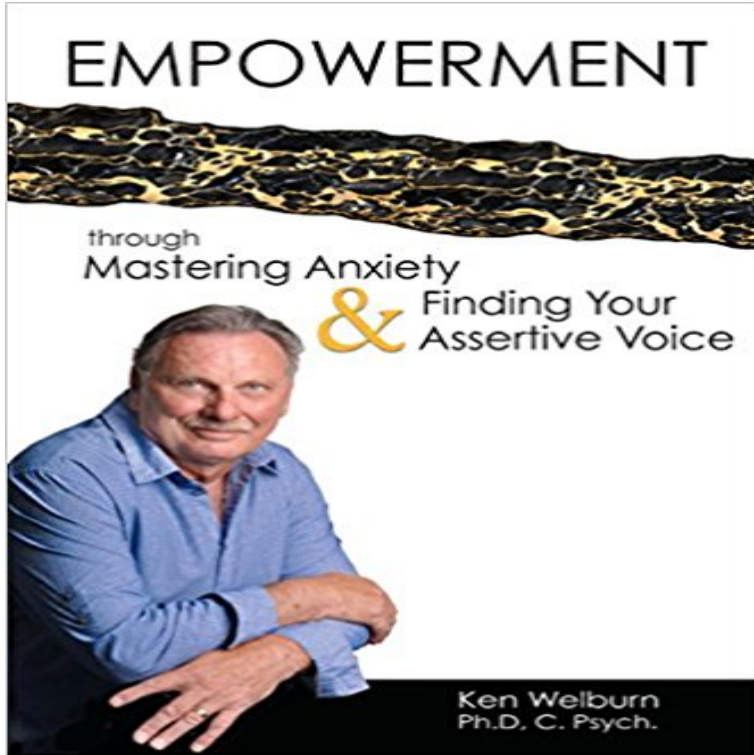


# Empowerment Through Mastering Anxiety & Finding Your Assertive Voice



Praise For: Empowerment Through Mastering Anxiety & Finding Your Assertive Voice Read it, breathe it, imagine it, do it. This book will guide you on a new trajectory, one where you are the agent of change in spite of the past and no matter the fear. In a clear concise format, Dr. Welburn has created a masterful approach, based on extensive and integrated experience with the anxious and suffering mind. I have witnessed firsthand the value of this work as patients gain knowledge and power to embrace and grow from that which frightens. I highly recommend this book to both colleagues and patients alike. Dr. Joie Zegliniski, MD, FRCP Clinical Psychiatrist Reading this book has been life-changing for me. Its a reference book on my shelf because I use it all the time in my own life and in my work as a pastoral care minister. Dr. Welburn uses straightforward, accessible language to describe the nature of anxiety and offers practical techniques for gaining a sense of empowerment in our lives. When he makes the connection between anxiety and the way we deal with people, a light bulb goes on. His description of passive and aggressive voices helps us to understand why some conversations can be so disheartening and problematic. I found it helpful to get practical tools on how to be assertive and respectful in everyday situations so that I am truthful to myself and others. I can attest to the sense of wholeness and confidence that comes when you tune into your own needs and wants and find a respectful way to express them to others. I wont lend out my own copy so I have another just in case I want to share it with others. Rev. Dr. Christine Johnson This book is like The Human Beings Owners Manual. It is a good reminder for me to live from the inside out, with intention. The writing is clear, precise and has a natural flow to it; prose that reduces writing to its essential elements.

Hemingway would have approved. Dr. Welburns book is science based, well laid out, informative and practical. It answers the questions why and how of trauma and recovery, a rare literary feat. John MacPhee, Teacher, ECL and Special Education Teacher

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