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Process For Healing And Empowerment With Your  
Subconscious Mind By Friedemann Schaub**

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Award-winning author of The Fear and Anxiety Solution. Friedemann Schaub, MD, PhD, is the award-winning author of The Fear & Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind. emotional challenges by addressing their deeper, subconscious root causes.

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### **Dr. friedemann schaub's new book "the fear and anxiety solution**

in a new book entitled “The Fear and Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind

### **[pdf]forward & chapter 1, “awakening to the secret code of your mind”**

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### **Healing fear and anxiety through the subconscious mind**

He is trained in numerous mind-body methods, including NLP and hypnosis, and he is the author of the book The Fear & Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind.

### **Friedemann schaub | the aware show**

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He is the author of The Fear and Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind.

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