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## Book information

**Authors:** Valentin Fröhlich  
**Title:** Tschüss Angst. Hallo Leben  
**Subtitle:** A guide to your true potential  
**Short text:**

Do you suffer from recurring fears or thoughts that torment you? Do you also think that you cannot do anything about it? Do you always react in the same way to certain situations and do not know how to help yourself? You are not alone in this regard.

This guide will not only help you to better understand yourself and your emotions, but will lead you step by step to a self-determined, anxiety-free life.

Valentin Fröhlich explains in an easy-to-understand way how stressful thoughts, restrictive behavior patterns, and paralyzing fears arise, and what you can do to stop suffering from them. In addition to his reflections, his holistic approach includes exercises from positive psychology. You will gain many everyday tools that can be used immediately to help you feel free and to move forward.

While disturbing thoughts and fears are minimized, your resilience is strengthened. Your life is placed on a stable foundation through the integration of selected values. Old patterns and imprints can dissolve, making it much easier for you to cope with challenging situations. In addition, numerous videos and guided meditations are available for you to get started right away. With this wealth of information and these helpful tools, nothing stands in the way of an anxiety-free and happy life!

**Categories:** [Guide Health & Medical Science](#)