

# When Can I Stop Running? Find Peace and Freedom in the Present Moment

Are you tired of feeling overwhelmed, anxious, or stressed? Do you feel like you're constantly running from something, but you don't know what? If so, you're not alone. Millions of people around the world suffer from chronic stress and anxiety. The good news is that there is a way to find peace and freedom in the present moment. And it all starts with learning how to let go of the past and stop worrying about the future.



## When Can I Stop Running? by John Podlaski

★★★★☆ 4.5 out of 5

Language : English  
File size : 668 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 151 pages  
Lending : Enabled



In her groundbreaking book, *When Can I Stop Running?*, Dr. Susan David teaches you how to do just that. Dr. David is a world-renowned psychologist and the founder of the Center for Applied Emotional Intelligence at Yale University. She has spent her career studying the effects of stress and anxiety on the human body and mind. And she has developed a proven method for helping people overcome these challenges.

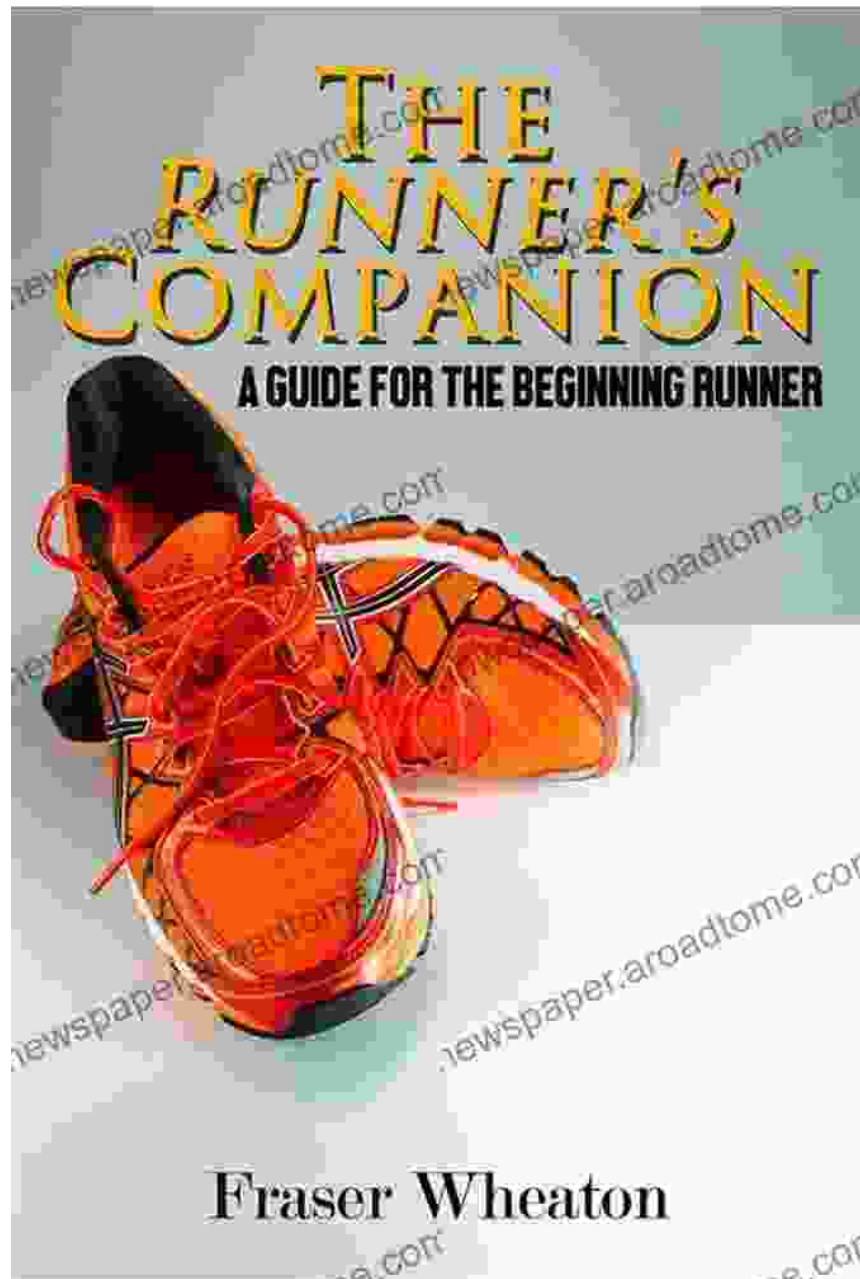
In *When Can I Stop Running?*, Dr. David shares her insights into the nature of stress and anxiety. She explains how these emotions work and how they can affect our physical and mental health. She also provides practical tools and techniques for managing stress and anxiety. These tools are based on the latest research in psychology and neuroscience. And they have been proven to be effective in helping people reduce stress and anxiety, improve their mood, and boost their overall well-being.

If you're ready to find peace and freedom in the present moment, then *When Can I Stop Running?* is the book for you. This book will help you:

- Understand the nature of stress and anxiety
- Learn how to manage stress and anxiety
- Let go of the past
- Stop worrying about the future
- Find peace and freedom in the present moment

*When Can I Stop Running?* is a must-read for anyone who feels overwhelmed, anxious, or stressed. This book will help you find peace and freedom in the present moment by teaching you how to let go of the past and stop worrying about the future.

Free Download your copy of *When Can I Stop Running?* today!



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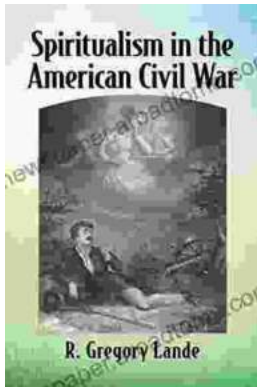
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