



**No Worries!: A World Champion Sportsman,  
Trainer and Hypnotherapist shows you how to  
overcome stress and anxiety forever and live life to  
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*Gary Turner*

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# **No Worries!: A World Champion Sportsman, Trainer and Hypnotherapist shows you how to overcome stress and anxiety forever and live life to the full!**

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**No Worries!: A World Champion Sportsman, Trainer and Hypnotherapist shows you how to overcome stress and anxiety forever and live life to the full!** Gary Turner

Have stress and anxiety become too much? Nerves and worries holding you back? Suffering from panic attacks? Would you like to be able to relax, be calm and at peace? In this remarkable book Gary Turner reveals the simple steps of his Anxiety Clearing Technique (ACT) to help you easily overcome nerves, worry, anxiety and stress. He will guide you through a series of simple, yet powerful techniques to recondition your mind and effortlessly let go of anxiety and stress so you are free to live life to the full. Gary Turner is a World Champion Sportsman, Trainer and Hypnotherapist. He developed his unique Anxiety Clearing Technique (ACT) over many years of working with men and women from all walks of life, as well as athletes, executives and top celebrities. Now you can learn directly from Gary how to say goodbye to anxiety in all its forms – and simply transform your life!

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