



From My Suffering: 25 Ways to Break the Chains of Anxiety, Depression & Stress

S. R. Crawford

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Do your hands shake? Does your heart race? Do you find it hard to get out of bed? Well then, this book is for you. Here I will list 25 ways to be a better you. Ways that will help you feel stronger, accept who you are and see the world differently. As a sufferer of anxiety, I speak from my point of view, listing things that I've tried or that I incorporate into my daily life now. I will speak about relationships, our life's purpose, passion, hobbies and much more. This book will help: people with anxiety, people with mild depression, people who are stressed, people who are lost, people who aren't content, people who are trying to lead better lives and people who just aren't winning at the game of life. But you can win, I promise you.

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