



Magic for the Mind

Michelle B Guerra

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Magic for the Mind takes a deeper look into anxiety disorders and associated depression and what sufferers can do to help themselves. Readers will discover the mind-body connection, what that means and how our emotions can impact our physical health. Readers will also learn what happens in the body when anxiety strikes. Statistics are provided to give the reader a clear picture of just how many people suffer from these debilitating disorders. Signs and symptoms are listed to give readers a better understanding that they are not alone if they or someone they know is struggling with anxiety and/or depression. Readers will also learn about the brain and the neurotransmitters that are involved in anxiety and depression. A clear understanding of our sense of smell is described and how certain aromas can have profound affects of our physical wellbeing. 15 doTERRA® essential oils are highlighted in the book that have been shown to be very helpful in relieving symptoms related to emotional distress. Suggestions for application and essential oil usage are highlighted and readers will learn how to use these oils to relieve their anxiety and depression symptoms. Suggestions for creating relaxation and building self-esteem are also included to give readers an all inclusive system to help themselves become more relaxed and in control of their own health and wellness.

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