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Shining Bright
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March 09th 2012:Relief From Severe Anxiety

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We all live with stress in our daily lives. Have you experienced anxiety to the extreme or know someone who does? Have you had panic attacks, night sweats or uncontrollable shaking? It's time to pay attention and listen to Hadley Gustin's story who experienced severe anxiety her entire life. She worried as a child, developed phobias as a teen, experienced shaking in her body, and her family didn't know it as a young adult. When she attended college she realized she needed consistent professional help, which supported her in a positive way. Then Hadley researched a holistic approach to manag

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Featured Guest



Hadley Gustin

Hadley Gustin is a holistic anxiety coach/speaker/self-help writer for college girls struggling with anxiety. Having silently suffered from a severe and chronic anxiety disorder for over a decade, she experienced countless panic attacks and symptoms such as uncontrollable neck/hand shaking, spontaneous sweats and full-body tension. Finally, at age 19, Hadley recognized that she did in fact have an anxiety disorder, which led her to find a good psychiatrist and opt to start on anti-anxiety medication. Later concluding that drugs only masked her anxious symptoms, she decided to wean off of the 3 medications she was taking. Miraculously, it was during this time that Hadley stumbled upon

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