

Earthing Every Day: Managing Anxiety



NOTE: this is a VERY SHORT e-book!
Who would have guessed that something as simple as connecting to Earth may contribute to good health and healing? Earthing is a simple concept, however it can be challenging to implement as a regular practice, especially for busy folks. Earthing has enabled Simon to manage his severe anxiety and achieve greater health and wholeness. Simon claims that earthing is one of the greatest healing tools he has found so far. For instance, it has greatly improved his sleep. Simon has been earthing regularly for a few years and wrote this short e-book in order to share his experiences and knowledge about earthing and anxiety.

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