

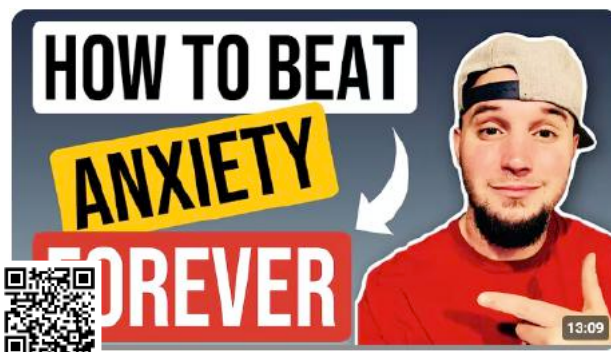
Powerful Information & Recovery Stories: Anxiety



My name is Nathan Leary. I'm not a doctor, and my expertise isn't from a textbook. It's from living through the depths of schizophrenia. In my darkest moments, I searched for a story of survival from someone who truly understood. I found only silence. This collection is my answer—a testament to perseverance, written to be the source of strength I never had. **Please, make a difference in someone else's lives by sharing this with others who may also benefit.**

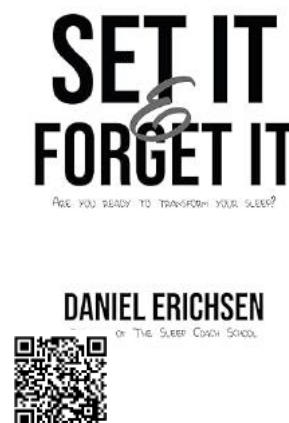
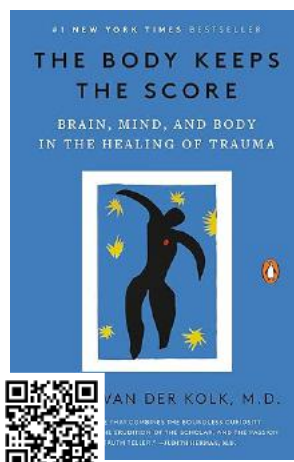
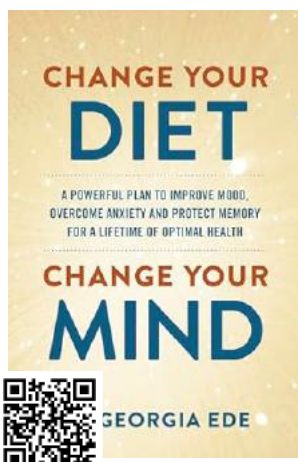
This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. [Full Disclaimer at stopthevoices.com/disclaimer/](https://stopthevoices.com/disclaimer/)

People's Healing Journeys with Anxiety & How They Recovered (YouTube Links)





Books that Could Change Your Life... (Amazon Book Links)



Other Links that Might Help... (Website Links)



mindfuldevmag.com

Free Guided Breathing Tool



cronometer.com

The Most Accurate Nutrition Tracking App



youtube.com

Self Administered EMDR Meditation