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Unsubscribe from Anxiety

The author of a new book about overcoming fear says that it is open to everyone to make a decision to eliminate stress and worry from their lives.

“We’re taught that worrying is the way we show we care,” life coach David A. Stone says. “I’m trying to help people learn a new way of doing everything they need to do, in their homes and in the workplace, without living in a constant state of anxiety.”

Unsubscribe from Anxiety: Opt out of the myth that worry is required and take charge of your own life now offers a practical, step-by-step method for living a fearless life. The first step, Stone says, is to understand what anxiety actually is, and the book lays out a process for learning about it and objectifying it.

“The next step is to decide to decide,” Stone says. “Decide to take 100% responsibility for everything that happens to you in your life.”

Trained as an architect, David Stone is a consultant and trainer who reached the conclusion, repeatedly over thirty-five years in business, that fear is the major impediment to personal and organizational success.

This new book is the foundation of his new company, I-Fearless Media Group, which is dedicated to helping people overcome anxiety and achieve success, using online courses, regular blogs, workshops, live events, and a membership site.

Publication date for *Unsubscribe from Anxiety: Opt out of the myth that worry is required and take charge of your own life now* is October 11, 2019. It is available online from Amazon, Barnes & Noble, and Indiebound. Copies can be ordered in bulk at www.i-fearless.com or from WindWord Group Publishing & Media.