



David A. Stone  
Co-founder, I-Fearless Media  
(425) 315-2231  
Email [david@i-fearless.com](mailto:david@i-fearless.com)

FOR IMMEDIATE RELEASE  
November 25, 2019

## **Holiday Anxiety Kicked to the Curb**

What if you could have your first anxiety-free holiday season this year? Author David A. Stone has just released a new book ***Unsubscribe from Anxiety: Opt out of the myth that worry is required and take charge of your own life now*** in which he shows readers how to leave anxiety behind and live the life they dream about.

From Thanksgiving to New Year's, levels of stress and anxiety climb in many households across America. According to Psychology Today, thirty-eight percent of people surveyed said their stress level increased during the holidays. Another poll by the Principal Financial Group found that 53 percent of people experience financial stress due to holiday spending.

The holidays are an anxiety trigger for many, as shopping, baking, decorating, party-going, party-giving, and excess family time pile up. Airports, highways and malls are clogged, while people worry about bad weather, lost luggage, and blowing the budget.

"Anxiety is simply a mental choice and a habit that we think of as normal," Stone says. "We've all been trained to believe that worry is a fact of life. But it feels awful, accomplishes nothing and can ruin your holidays."

In his book, Stone shows how we have all been conditioned to worry and how you can step away from the habit with three simple keys. The book provides specific, practical steps you can take to unsubscribe from anxiety and find real joy in your holiday season.

For example, Stone suggests that you "quit the complaining club. Actively avoid those people who always steer the conversation to how bad or difficult everything is. Their viewpoint is negative and their toxic energy is contagious. Save your energy for enjoying the delights of the season."

Stone is available anytime for interviews via Skype, Zoom or phone.