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I-Fearless Releases Online Course to Overcome Anxiety

Just in time for the holiday rush, life coach David A. Stone presents an eight-part program to help people deal with the stress.

“From Thanksgiving to New Year’s Eve, we’re bombarded with pressure to get on with the planning, the shopping, the entertaining, the cooking, the gift-wrapping, the lights-hanging, the tree-trimming, the parade-going, the party-giving —the list goes on!” Stone says. “Anxiety can ruin what’s supposed to be a happy, joyful, family time.”

“Unsubscribe from Anxiety” is an online course that takes a step-by-step, practical approach to breaking the worry habit, beginning with an understanding of what anxiety actually is. Based on a book written by Stone and published in October 2019, the course takes students through a system of identifying the problem, eliminating it, and replacing it with habits that will lead to peace of mind rather than a never-ending cycle of fear and self-doubt.

“No one should have to live with constant stress and fear,” Stone says. “I put this course together to try to get at the deep reasons that people have for failing to reach their goals. Someone once said that the only thing to fear is fear itself, and I’d like to help people understand that if they will make a decision to banish fear from their thoughts, the steps to doing that can be followed, just like a path through a forest.”

“Unsubscribe from Anxiety”, the online course, is available at www.i-fearless.com