



Calming Your Inner Fish - Erasing Anxiety, Panic, Phobias & Depression in Highly Sensitive People

Mari J. Dionne

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Do you avoid social situations because they make you uncomfortable, feel slightly off balance, or dizzy or suffer from anxiety, panic attacks, periods of sadness, numbness, or mild depression?

No one likes feeling like a fish out of water. You have the right to feel secure in your own skin.

Calming Your Inner Fish includes not only genetically appropriate nutritional suggestions to support body and brain chemistry, but the exact steps to take in erasing anxiety, panic, social phobia, moderate depression and agoraphobia caused by negative emotions, once and for all.

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