



Play It Away: A Workaholic's Cure for Anxiety

Charlie Hoehn

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For a long time, I thought I was going crazy. I'd convinced myself that something horribly wrong was about to happen. Every moment was exhausting. I eyed everyone like they were judging me, pitying me, or attempting to manipulate me. One half of me pretended to be normal, while the other half would be trying to keep it together. I tried to behave like nothing was wrong, when all I wanted to do was lock myself in a room and curl up in a ball.

My anxiety lasted for more than a year. It affected how I breathed, how I thought, how I ate, how I slept, and how I talked. I was serious and tired and afraid, all the time. I wanted so badly to return to my normal, lively, care-free, confident self. But I didn't know how to shake it.

Play It Away covers my entire journey: what caused my anxiety, the "A-ha!" moment that led to my cure, and how I got my life back. The cure for my anxiety was free, fun, painless, and immediately effective. I have no fear that those feelings will ever return. If they do, I'll be able to wipe them out right away.

In this book, you'll learn how to prevent burnout, eliminate stress, and preserve your mental health. You'll also learn:

How to boost productivity and have guilt-free fun (page 70) **Actual Reader Feedback** "Here's the cure to your stress!"

—Tony Robbins, Strategic adviser to world leaders, #1 bestselling author of *Personal Power* (40 million copies sold)

"After reading your book, everything clicked for me... There are so many parts in it that I can relate to; the anxious feeling from coffee, lack of sleep, too much time spent on my laptop/iPhone, and so many other things... I can't explain how nice it was to know that someone finally understood AND has solutions to change those feelings... The answers I've been searching for and asking doctors about for almost the last 3 years, you were able to summarize in one book." "As someone who has been racking his brain trying to figure out where I went wrong, reading this was a gigantic breath of fresh air." "I'm a developer who's been struggling with burnout for a long time. I read your book in a single sitting. The only feedback I've got is THANK YOU! I'm so appreciative of your words because they validate what I've been feeling deep down all this time." "I'm going to implement this stuff on my own, even though I don't feel like I struggle with anxiety. I just think this can help me be a happier, more fun person." "I've become so isolated and miserable... Somewhere along the way I ended up working every second I could, thinking it made me feel better... I can't remember the last time I did something fun and not felt bad about doing so... This is what I needed to hear to save my life." "Charlie's transformation through the rediscovery of his own innate play nature stands as an example available to all of us. Access your own unique play capacities and infuse them into your life! It works!" - Stuart Brown, M.D., bestselling author of *Play*

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From reader reviews:

Anna Maples:Book is to be different for each grade. Book for children until finally adult are different content. We all know that that book is very important usually. The book Play It Away: A Workaholic's Cure for Anxiety has been making you to know about other understanding and of course you can take more information. It is very advantages for you. The book Play It Away: A Workaholic's Cure for Anxiety is not only giving you a lot more new information but also being your friend when you truly feel bored. You can spend your own spend time to read your e-book. Try to make relationship with all the book Play It Away: A Workaholic's Cure for Anxiety. You never really feel lose out for everything in the event you read some books.

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