



# Melissa A. Woods

If you or a loved one know firsthand the pain that comes from anxiety, you aren't alone. Melissa A. Woods fought anxiety for decades. She's channeled her personal experience into an inspiring novel designed to help readers break free of and move beyond their anxiety.

## About Melissa

Melissa A Woods is the author of *Getting Past Anxiety*, an inspirational novel to reclaim your life (Aviva Publishing, 2017), and published works from the University of Washington Memoir Anthology of Writing (University of Washington, 2013). She holds a BA in Fine Arts with a minor in photography from Seattle University and a certificate of Memoir from the University of Washington.

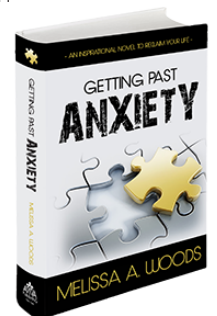
Her passion to help others led to a successful practice as a Licensed Massage Practitioner for over twenty years aiding people with anxiety. "I could relate to the client while on my table," she has said. "I wanted to help them heal."

Melissa has had personal experiences with anxiety disorder. "I feel people's pain and I know what it's like to walk in their shoes," she said. Her book, *Getting Past Anxiety* will inspire and motivate the reader to take action to overcome anxiety and reclaim their life.

She resides in Los Angeles and Seattle with her family. You can follow her on Facebook and on Twitter @Melissa\_A\_Woods. Visit her website [www.gettingpastanxiety.com](http://www.gettingpastanxiety.com).

## Getting Past Anxiety

For more than 20 years, Melissa's expertise as a licensed massage therapist has given her the mind-body insight necessary to help and heal clients dealing with anxiety. She brings both professional and life experience to bear on her work as an author and speaker, as she reaches out to help a broader audience of anxiety sufferers.



*Getting Past Anxiety* serves as an inspiration for healing. In its pages, readers find a connection to their own stories of anxiety and to their authentic self. The novel traces the journey of Stella Maris, a thirty-seven-year-old professional woman in the Pacific Northwest who is fighting to escape anxiety. She breaks free by delving into and reexamining key life events, deeply committing to healing, and employing a variety of medical modalities that keep her free of anti-anxiety medications and drugs.

**Getting Past Anxiety is available on [Amazon](https://www.amazon.com) and in Barnes & Noble bookstores. Visit the website at [gettingpastanxiety.com](http://gettingpastanxiety.com).**

## Questions Melissa can answer in an interview

How does anxiety limit your life?

Can you have an anxiety disorder and not know it?

What are some common but under-recognized symptoms of anxiety?

What did you do to get beyond anxiety - and how might that work for others?

Did you use anti-anxiety medications? Why not?

## Topics Melissa speaks about in her talks

Overcoming Anxiety Without Drugs

Small Steps You Can Take Every Day for a Better, Less-Anxious Life

The Shame-Anxiety Cycle and How to Break It

The Secrets You Keep

Contact Melissa's media team for interview requests, speaking engagement booking, and requests for review copies of *Getting Past Anxiety*

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