



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).

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.

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 a speaker, as she reaches out to help a broader audience of anxiety sufferers.

Visit her website www.gettingpastanxiety.com.

Questions Melissa can answer in a Podcast.

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 and writes about in podcasts and articles.

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 for podcast requests, to write articles and speaking engagement bookings.

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