



# 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.

Sound Healing and  
Therapy Certificate



## About Melissa

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.

Articles on Popular Platforms

Recently, Melissa successfully concluded the Sound Healing and Therapy Certificate Program; as a result, she has an abundance of knowledge of sound healing therapy to assist people in their journey toward well-being.

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](http://www.gettingpastanxiety.com)

hitched



THRIVE  
GLOBAL

PROFESSOR'S  
House

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

Melissa A. Woods  
melissa@melissaawoods.com  
206-681-8335