

Burch Tree Counseling Center Releases a FREE Anxiety Journal and Activity Book

After receiving several calls from individuals who were interested in therapy-specifically to treat anxiety-but couldn't afford sessions, we decided to release a FREE Anxiety Journal and Activity Book.



Brandon, Florida Mar 8, 2023 (Issuewire.com) - Candice Burch- the founder of Burch Tree Counseling Center, announced today the release of a FREE Anxiety Journal and Activity Book that is sent directly to your email! This E-Book is filled with anxiety-reducing activities, grounding techniques, breathing exercises, and journal prompts that are designed to lessen the duration and frequency of your anxiety symptoms.

Potential clients often call Burch Tree Counseling Center wanting services in other parts of the country, not having the funds to afford therapy, or curiosity about if counseling is right for them in the first place. This e-book allows those to get help who are in different states, cannot afford to counsel, or something to try before committing to therapy.

Candice Burch-CEO of Burch Tree Counseling Center states, "I am grateful that I am able to help individuals and couples struggling with anxiety, who are not in the right space to receive therapy".

To receive your FREE copy of Burch Tree's Anxiety Journal and Activity Book:

- Go to <https://www.burchtreecounselingcenter.com>
- Click "Ebooks"
- Click on the Merch you wish to download

About Burch Tree Counseling Center

Burch Tree Counseling Center offers online therapy to adults, teens, and couples experiencing [**anxiety, social anxiety, ADHD, depression, grief, trauma, relationship concerns, codependence, Bipolar disorder, and many other hindrances.**](#) Burch Tree Counseling Center believes that everyone deserves a safe place to discuss hardships without, being judged.

Burch Tree Counseling Center recognizes that experiencing suffering and pain is difficult but, wisdom and growth can derive from it if you let it. ***Burch Tree Counseling Center strives to help people find strength in pain and helps individuals develop the victor mentality instead of a victim mindset.***

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