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April 25th, 2020 - Sarah Wilson gravitates to life's problems passing on her hard earned wisdoms to all who want to make life better Having helped over 1.5m people across the world to quit sugar in first we make the beast beautiful she now turns her intense focus and fierce investigatory skills onto the lifetime companion that's brought her the most pain and been her

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finest teacher'

'FIRST WE MAKE THE BEAST BEAUTIFUL by Sarah Wilson  
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as many as 1 in 6 people in the First World suffer  
from it And all of it petes And it clusters And down  
we go in a hyper tabbed tangle ? Small wonder that she  
quietly hints that it may be time to try a few  
psychedelics' *'Making the beast beautiful What if your  
anxiety could*

*March 2nd, 2020 - There s a chapter in Sarah Wilson s  
new book about anxiety ? First We Make The Beast*

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*Beautiful ? which conjures the image and sound of a bath being drained of water'*

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*April 21st, 2020 - First We Make the Beast Beautiful is the result of that quest brimming with the most potent philosophy science and hacks for thriving with and understanding the beast Sarah Wilson scored an inspirational hit with her polemic for better living I Quit Sugar'*

**'First We Make The Beast Beautiful REVIEW**  
**jennadianescott**

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April 8th, 2020 - The Chinese believe that before you can conquer the beast you must first make it beautiful If I could get that tattooed on me I would I absolutely loved this book This book was a very candid casual approach to mental health specifically the topic of anxiety One morning there was a segment on the?'

'Sarah Wilson introduces First We Make The Beast Beautiful

April 20th, 2020 - Sarah Wilson bestselling author and entrepreneur intrepid solver of problems and

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investigator of how to live a better life has helped  
over 1 2 million people across the world to quit sugar  
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*dance with this condition to embrace it as a part of*  
*who they are and to explore the possibilities it*  
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s a beast Not having severe anxiety myself this was a little difficult to get through'

**'First We Make the Beast Beautiful Sarah Wilson**  
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***'First We Make the Beast Beautiful Sarah Wilson***

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dance with this condition to embrace it as a part of  
who they are and to explore the possibilities it  
offers for a richer fuller life'

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of MasterChef Australia and is the author of the  
international bestsellers first we make the beast  
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*Quit Sugar For Life She is ranked as one of the top 200 most influential authors in the world'*

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**April 24th, 2020 - Here she discusses her new book  
First We Make the Beast Beautiful a new story about  
anxiety Find out more bit ly 2mkdSom Sarah pulls at**

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the thread of accepted definitions of anxiety and unravels the notion that it is a difficult dangerous disease that must be medicated into submission''**First We Make the Beast Beautiful A new story about**  
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**influential authors in the world'**

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**'Review First We Make The Beast Beautiful Sarah Wilson**

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problems and investigator of how to live a better life  
has helped over 1 2 million people across the world to  
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week program that has been completed by 15 million people in 133 countries'

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April 25th, 2020 - Sarah Wilson bestselling author and entrepreneur intrepid solver of problems and investigator of how to live a better life has helped over 12 million people across the world to quit sugar She has also been an anxiety sufferer her whole life In her new book she directs her intense focus and fierce investigatory skills onto this lifetime companion of hers looking at the triggers and'

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a big heart It will encourage the myriad souls who  
dance with this condition to embrace it as a part of  
who they are and to explore the possibilities it  
offers for a richer fuller life'

'Sarah Wilson journalist

April 11th, 2020 - Sarah Wilson born 1974 is an  
Australian journalist television presenter blogger  
media consultant and author of I Quit Sugar Wilson  
grew up in the bush outside Canberra ACT with five

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younger siblings She owned her first business at the age of 12 or 13 selling library book bags brooches and t cards'

***'Why I Stopped Trying to Fix My Anxiety***

*April 19th, 2020 - An exclusive excerpt from Sarah Wilson s memoir First We Make the Beast Beautiful A New Journey Through Anxiety By Sarah Wilson Apr 24 2018 HarperCollins'* **First We Make the Beast Beautiful A New Journey Through**

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May 1st, 2020 - The Chinese believe that before you can conquer a beast you must first make it beautiful This is the authors honest and vibrant account of her struggle with anxiety and what she has done to cope or

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manage it throughout her life I consider it part  
memoir and part self help book' 'First We Make the  
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Environmental Science and Technology even getting out  
into nature for five minutes at a stretch is enough to  
give your self esteem a substantial upgrade'

'First We Make the Beast Beautiful Sarah Wilson  
April 28th, 2020 - Sarah Wilson is a former journalist

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and TV presenter author and activist She wrote the New York Times bestsellers I Quit Sugar and First We Make the Beast Beautiful which Mark Manson described as the best book on living with anxiety that I've ever read' 'Buy First We Make the Beast Beautiful A new conversation

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