

## About Deanne Repich

Deanne Repich, founder and director of the National Institute of Anxiety and Stress, Inc., is an internationally known anxiety educator, teacher, and former sufferer. She is the creator of the Conquer Anxiety Success Program, author of more than fifty articles, and publishes the *Anxiety Tips Newsletter* for anxiety sufferers. Tens of thousands of anxiety sufferers have sought her expertise to help them create anxiety-free lives.

Despite almost twenty years of suffering from several anxiety disorders, Deanne, a B.A. from the University of Nebraska at Lincoln with graduate studies in learning theory at the University of Texas at Austin, has overcome many obstacles to discover lasting freedom from anxiety. Now she shows others how to do the same. Known for her user-friendly approach to conquering anxiety, Deanne offers answers that pop off the page and empower you to take control now.

With a 12+ year background as a teacher and trainer in public schools, private schools, and Fortune 500 companies, Deanne shares her knack for transforming complex information into easy-to-understand language. Her articles have appeared on About.com, SelfGrowth.com, and other leading health web sites. She is a member of the Anxiety Disorders Association of America (ADAA), the American Society for Training and Development (ASTD), and the National Mental Health Association (NMHA).

No matter where you are in the process of conquering your anxiety, Deanne is here to guide you with a wealth of helpful information, motivation, and support. When she's not educating others about anxiety, Deanne enjoys spending time with her infant daughter, husband, two dogs, and three cats in Pflugerville, Texas.