



# Play It Away: A Workaholic's Cure for Anxiety

By Charlie Hoehn

Download now

Read Online ➔

**Play It Away: A Workaholic's Cure for Anxiety** By Charlie Hoehn

## ACTUAL READER FEEDBACK

“This book saved my life. Every tip is natural, just the way I want to treat my anxiety.”

“*Play It Away* really hits on what ‘living in the moment’ is all about. Reading this book has been one of the most valuable investments I’ve made, both professionally and personally.”

“I work in the mental health field, so I have read my weight in self-help books. I would highly recommend this to anyone wrestling with anxiety. Or really, just anyone.”

“When reading *Play It Away*, I felt as though I was talking with a friend over a beer, rather than reading a book pointing out what I was doing wrong. Charlie relates to the reader in an extraordinary way and offers tangible advice that doesn't seem out of reach. This is certainly a different kind of self-help book that I will keep on my bookshelf for years to come.”

“Living on the road for the better part of 7 years representing and speaking for Tony Robbins landed me in the hospital: adrenals burnt out, depressed, poor digestion, and miserable. It was pretty hard to be a ‘motivational speaker’ when I was actually dying on the inside. Charlie's book serves as a great reminder to enjoy life more, and also provides the necessary "how to" information and practical advice to enjoy life and be more productive. Highly recommend this book to anyone who is busy and wants to enjoy their life more.”

“It might be because I see so much of myself in the author's story, but this book has already changed my life. It reminded me of all of the things that I used to fill my free time with that I completely abandoned, and it gave me concrete, actionable ways to re-integrate them into my life. I've already recommended this book to over a dozen good friends. It's a very solid read.”

“I've been feeling 98% back to my former self 98% of the time. Sometimes I have a hard time believing the five months that I was crippled with anxiety even happened. My confidence is back and I'm having fun again.”

“After reading your book, everything clicked for me. There are so many parts in it that I can relate to; the anxious feeling from coffee, lack of sleep, too much time spent on my laptop/iPhone, and so many other things. I can’t explain how nice it was to know that someone finally understood AND has solutions to change those feelings. The answers I’ve been searching for and asking doctors about for almost the last 3 years, you were able to summarize in one book.”

“*Play It Away* is a gift. It’s totally changed how I think about my interactions with friends, women, and people I meet for the first time. I’m more open, playful, and happier overall since reading (and applying) this book.”

“This book provides simple but profound advice on how to gift yourself with a stress-free, happier existence.”

"What a truly inspiring and incredible read for anyone struggling with anxiety or depression. The author's style is so full of energy and bubbly, it made me want to go out and take my own adventure.”

"Here's the cure to your stress!"

—Tony Robbins, #1 Bestselling Author of *Personal Power*, 40 million copies sold

“For all Type-A driven readers — especially those who struggle with the shut-off switch — this one is for you.”

—Tim Ferriss, #1 New York Times Bestselling Author of *The 4-Hour Workweek* and *The 4-Hour Body*

“Charlie's transformation through the rediscovery of his own innate play nature stands as an example available to all of us. Access your own unique play capacities and infuse them into your life! It works!”

—Stuart Brown, M.D., Bestselling Author of *Play*

 [Download Play It Away: A Workaholic's Cure for Anxiety ...pdf](#)

 [Read Online Play It Away: A Workaholic's Cure for Anxie ...pdf](#)

# Play It Away: A Workaholic's Cure for Anxiety

By Charlie Hoehn

**Play It Away: A Workaholic's Cure for Anxiety** By Charlie Hoehn

## ACTUAL READER FEEDBACK

“This book saved my life. Every tip is natural, just the way I want to treat my anxiety.”

“*Play It Away* really hits on what ‘living in the moment’ is all about. Reading this book has been one of the most valuable investments I’ve made, both professionally and personally.”

“I work in the mental health field, so I have read my weight in self-help books. I would highly recommend this to anyone wrestling with anxiety. Or really, just anyone.”

“When reading *Play It Away*, I felt as though I was talking with a friend over a beer, rather than reading a book pointing out what I was doing wrong. Charlie relates to the reader in an extraordinary way and offers tangible advice that doesn't seem out of reach. This is certainly a different kind of self-help book that I will keep on my bookshelf for years to come.”

“Living on the road for the better part of 7 years representing and speaking for Tony Robbins landed me in the hospital: adrenals burnt out, depressed, poor digestion, and miserable. It was pretty hard to be a ‘motivational speaker’ when I was actually dying on the inside. Charlie's book serves as a great reminder to enjoy life more, and also provides the necessary “how to” information and practical advice to enjoy life and be more productive. Highly recommend this book to anyone who is busy and wants to enjoy their life more.”

“It might be because I see so much of myself in the author's story, but this book has already changed my life. It reminded me of all of the things that I used to fill my free time with that I completely abandoned, and it gave me concrete, actionable ways to re-integrate them into my life. I've already recommended this book to over a dozen good friends. It's a very solid read.”

“I've been feeling 98% back to my former self 98% of the time. Sometimes I have a hard time believing the five months that I was crippled with anxiety even happened. My confidence is back and I'm having fun again.”

“After reading your book, everything clicked for me. There are so many parts in it that I can relate to; the anxious feeling from coffee, lack of sleep, too much time spent on my laptop/iPhone, and so many other things. I can't explain how nice it was to know that someone finally understood AND has solutions to change those feelings. The answers I've been searching for and asking doctors about for almost the last 3 years, you were able to summarize in one book.”

“*Play It Away* is a gift. It's totally changed how I think about my interactions with friends, women, and people I meet for the first time. I'm more open, playful, and happier overall since reading (and applying) this book.”

“This book provides simple but profound advice on how to gift yourself with a stress-free, happier existence.”

"What a truly inspiring and incredible read for anyone struggling with anxiety or depression. The author's style is so full of energy and bubbly, it made me want to go out and take my own adventure."

"Here's the cure to your stress!"

—Tony Robbins, #1 Bestselling Author of *Personal Power*, 40 million copies sold

"For all Type-A driven readers — especially those who struggle with the shut-off switch — this one is for you."

—Tim Ferriss, #1 New York Times Bestselling Author of *The 4-Hour Workweek* and *The 4-Hour Body*

"Charlie's transformation through the rediscovery of his own innate play nature stands as an example available to all of us. Access your own unique play capacities and infuse them into your life! It works!"

—Stuart Brown, M.D., Bestselling Author of *Play*

### **Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn Bibliography**

- Sales Rank: #324524 in Books
- Published on: 2014-02-07
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .42" w x 5.00" l, .33 pounds
- Binding: Paperback
- 168 pages

 [Download Play It Away: A Workaholic's Cure for Anxiety ...pdf](#)

 [Read Online Play It Away: A Workaholic's Cure for Anxie ...pdf](#)

## **Editorial Review**

### About the Author

Charlie Hoehn is the author of *Play It Away* (#1 Stress Management) and *Recession Proof Graduate*. He is also the founder of The Recess Project ([therecessproject.com](http://therecessproject.com)).

Charlie's article about the power of play is the #1 worldwide result on Google for the search "cure anxiety" (above Oprah.com), and has been read by over one million people. His work has been featured on NPR's TED Radio Hour, Fast Company, Harvard Business Review, Forbes, Globe and Mail, Mating Grounds, and many others. He lives in Austin, where he hosts weekly recess at Zilker park and performs improv at the Hideout Theatre. Blog: [charliehoehn.com](http://charliehoehn.com)

## **Users Review**

### **From reader reviews:**

#### **Amber Tyson:**

Reading a publication tends to be new life style in this era globalization. With studying you can get a lot of information that could give you benefit in your life. Using book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their very own reader with their story or maybe their experience. Not only the storyline that share in the guides. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on earth always try to improve their proficiency in writing, they also doing some research before they write to the book. One of them is this Play It Away: A Workaholic's Cure for Anxiety.

#### **Cami Raley:**

Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparettime with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the publication untitled Play It Away: A Workaholic's Cure for Anxiety can be very good book to read. May be it can be best activity to you.

#### **Kenneth Copeland:**

This Play It Away: A Workaholic's Cure for Anxiety is great book for you because the content which can be full of information for you who else always deal with world and possess to make decision every minute. This particular book reveal it facts accurately using great arrange word or we can state no rambling sentences inside. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but tricky core information with lovely delivering sentences. Having Play It

Away: A Workaholic's Cure for Anxiety in your hand like getting the world in your arm, information in it is not ridiculous a single. We can say that no guide that offer you world inside ten or fifteen small right but this guide already do that. So , this really is good reading book. Hey there Mr. and Mrs. busy do you still doubt that will?

**Melvin Dwyer:**

You may spend your free time to learn this book this publication. This Play It Away: A Workaholic's Cure for Anxiety is simple to bring you can read it in the park, in the beach, train along with soon. If you did not have much space to bring the particular printed book, you can buy the actual e-book. It is make you simpler to read it. You can save the actual book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

**Download and Read Online Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn #IDPSF2AYBQ4**

# **Read Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn for online ebook**

Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn books to read online.

## **Online Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn ebook PDF download**

**Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn Doc**

**Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn Mobipocket**

**Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn EPub**

**IDPSF2AYBQ4: Play It Away: A Workaholic's Cure for Anxiety By Charlie Hoehn**