

The Transforming Anxiety Podcast

THE TOP 12 EPISODES



Welcome! I'm so glad you're here.

I'm Kelly McCormick: mindfulness meditation and yoga teacher. I'm also a mom, wife, animal-lover, avid reader, lover of green tea, and social justice advocate.

I created The Transforming Anxiety Podcast for YOU, my fellow anxious friend. But with so many episodes, it can be hard to know where to start.

This top 12 list includes the most popular episodes. Use these to help you get started on the podcast. But even more important than that, these episodes are a great place to get going with **your own transformation**. With tens of thousands of downloads each month I have a hunch we're on to something special here.

I'm honored to welcome you into the community of people transforming their way out of anxiety and into the life they want to live. Here we go...

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#120: Certainty, Uncertainty, & Anxiety

Since we can't create 100% certainty in our life, what if we strengthened our ability to deal with uncertainty?



#102: Our Minds are Liars

Let's understand the pitfalls of our minds so we can optimize our headspace, using our minds to our best advantage.



#116: The Inner Voices

Let's get to know the critic, culture, and council so we can recognize all of that internal chatter for what it is.



#4: What is the Goal with Anxiety?

We aren't looking to eradicate anxiety from our lives (I don't think that's possible). Instead, let's tell a different story about anxiety.



#99: It's Ok to Not Be Ok

There's a lot going on. Let's take some space and remember we don't have to be ok all the time.



#118: Worry is Not Love

Let's break worry down and get specific with it. Most of us worry because we love. But worry doesn't feel like or look like love.

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#103: Living Through Thoughts

We wind up living most of our lives in our heads, spinning stories, instead of fully experiencing our lives through our bodies.



#126: The Power of Context

When you want something you haven't had before (like feeling calm), you have to create it using new context.



#9: Stop Calling Yourself Anxious

You are not anxious. You sometimes FEEL anxious. This is an important distinction to remember and practice.



#56: My Favorite Thoughts

In this episode I share some of my favorite thoughts to think on purpose. We can choose to direct our minds in powerful ways!



#110: Using Focus to Ease Anxiety

One of the most fertile breeding grounds for anxiety is when we splay our energy every which way. Let's explore focus together.



#113: How to Get Control

Let's explore the irony of control, where we think we need to get control, and where we actually have control.

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Where can you listen?

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You can also listen to all of the podcast episodes directly from my website by visiting www.kellyhanlinmccormick.com/podcast

Be sure to follow or subscribe so that you don't miss an episode! I release them every Wednesday morning.

p.s. If you're new to podcasts, great! Google "how do I listen to podcasts?" and do some research to make it easy and convenient for yourself. And then, invite a friend to listen with you!

p.p.s. **You can click the titles of the podcast episodes in this guide to listen directly from your device.** Let's make it simple.

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Want more?

The transformations don't end here. In fact, we're just getting warmed up!

My 1:1 mentorship and virtual programs are great ways to apply concepts like these to your life and create true, long-lasting change.

Just imagine: **what's possible for you?** (Spoiler alert: I already believe in the wildest, highest possibilities for you. No really, I do. Because I have the tools and I will teach them all to you so that **you can live the life you want.** Steadiness, contentment, peace...it's all waiting for you.)

Join me and let's take this work further.

Get started by visiting

www.kellyhanlinmccormick.com/workwithme

