

Press Advisory

‘Breakup Bootcamp’ Life Coach Trish Barillas Releases Amazon Best Seller ‘A Face of Anxiety’ In Hardcover

August 8, 2017, New York, New York – Life Coach Trish Barillas is now a best-selling author after reaching #1 on Amazon’s *Hot New Releases* with ‘A Face of Anxiety,’ released on July 25 across digital platforms including Amazon Kindle and Apple iBooks – now available in hardcover. Barillas will host a private book signing event in New York City at Thompson Square Studios on September 14th from 7:30-10pm.

Urging readers to take control of their lives in the struggle against anxiety, Barillas says:

“Life isn’t a dress rehearsal - you get one shot at it. If you’re an anxiety sufferer who wants to take back your life, my new book is one for you to read before the summer ends. My journey to published author began with a passion project on Instagram, @FaceofAnxiety, where I created the first-ever Instabook by sharing posts intended to help those who suffer from anxiety/panic disorder. Fast forward a few months and a few thousand followers, my unrealized dream became reality when Transformation TV helped me to publish the book to share my mission with the world.”

Trish is well-known for her techniques and was recently mentioned in *Fortune’s* Valentine’s Day piece, “*Inside Breakup Bootcamp: The Business of Healing Broken Hearts*,” and she hosts a popular self-titled [Youtube](#) channel as well. The Guatemalan-American has a passion for helping others. Barillas says, “My dream for the future has always been to do exactly what I’m doing which is coaching others through anxiety, relationships, breakups and job advancements, perhaps the build is to do it on a grander scale.” She’s off to a strong start with 3GS Charity, which Barillas founded to support rural villages in Guatemala, as well as her participation in mentorships for New York City high school students.

Followers applaud Trish’s no-holds-barred approach and take to @AFaceofAnxiety on Instagram to share stories and connect with Trish where she actively engages to help change lives, one post at a time. To purchase a hardcopy of ‘A Face of Anxiety,’ visit <http://a.co/f9PppIm>, e-book also available for download on Amazon and Apple iBooks. Catch Trish Barillas’s August 30th [Masterclass](#) on Transformation.tv!

ABOUT THE BOOK

‘A FACE OF ANXIETY’

If you’re suffering from anxiety, there are no shortage of suggested solutions: mood tracker apps, journaling, meditation - but sometimes all you need is a good talk with someone who understands. Trish Barillas has been living with anxiety/panic disorder since childhood and it dictated her every decision until, she decided to take back her life. As a life coach for over a decade, Trish coaches on anxiety, relationships, breakups and job advancements.

Has anxiety taken over your life? Do you feel like you put a mask on to disguise how you’re feeling? Do negative thinking and non-stop obsessive thoughts riddle your brain all day?

Barillas knows “Feelings aren’t facts,” and in ‘A Face Of Anxiety,’ she speaks firsthand about her own battle with anxiety, guiding you through personal and professional methods on how you too can let anxiety live beside you, rather than rule your life, and use it to propel you forward. Barillas likes to call herself a “Goal Pusher” and a creator of positive change and can be booked for coaching 24/7 via her [website](#). Trish regularly speaks at events, coaches with ‘Renew Breakup Bootcamp,’ recently featured by Fortune, and is a contributor at [Mind Body Green](#). She lives in Chelsea, New York City. Read ‘A Face of Anxiety’ today and take the first step towards living your best life.

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