



BEYOND ANXIETY

In this course, we will work with bestselling author, Harvard-trained sociologist, and Oprah Winfrey's life coach Martha Beck's newest book *Beyond Anxiety*. In every chapter, she offers insights and practical new skills on how to change a life filled with anxiety into one that is lived in curiosity, creativity, and a deeper sense of purpose. Drawing on discoveries in neuroscience, decades of coaching experience, and deep spiritual insight, Martha Beck offers concrete tools for profound and lasting inner change.

- Dates: January 20 – April 7, 2026 (12 sessions)
- Time: Tuesdays, 19:00–21:00 h, i.e. 7:00–9:00 pm Berlin time (CET)
(1:00–3:00 pm EST, 10:00 am–12:00 pm PST)
- Where: Online via Zoom, hosted from Berlin, Germany
- Cost: €240*, Early Bird Price €190 until Dec 20 (prices in euros)
- Language: English
- Facilitator: Tycho Pfäfflin

The course offers a framework that enables you to not only read but actively work through the book and apply its insights and methods in your life—all in a facilitated group setting that supports motivation and accountability. In the Zoom meetings, we will engage in selected readings, solo written exercises, a bit of movement, guided reflections and going into confidential exchange/conversation about our discoveries in small breakout rooms or in the larger group. Outside of the meetings you will engage in reading a chapter each week, daily writing, small challenges, and the option to have a 30-minute telephone call with one of your fellow participants that you can use to exchange on your discoveries from the given tasks. Together, we will explore a new relationship with our anxious inner “creature,” deepen our connection to our creative potential, and move toward living our purpose in harmony with Creation.

Register by sending an email to: tycho@tychopfaefflin.de

*Individual arrangements regarding the price are possible depending on your personal financial situation.