



DR. JOHN DELONY

BUILDING A NON-ANXIOUS LIFE

In this episode of the L3 Leadership Podcast, we're joined by bestselling author and renowned mental health expert, Dr. John Delony. We dive into his latest book, "Building a Non-Anxious Life" and uncover strategies on how to eliminate anxiety from our lives.

ABOUT DR. JOHN DELONY

Dr. John Delony is a bestselling author, mental health expert and host of The Dr. John Delony Show. John has two PhDs and over two decades of experience in counseling, crisis response and higher education. He is the author of the bestselling books Building a Non-Anxious Life, Own Your Past, Change Your Future and Redefining Anxiety.

John has appeared on Fox News, Fox Business and Today and has been featured in the Real Simple and Fast Company magazines as well as HuffPost. He has also been a guest on The Minimalist Podcast, The Jordan B. Peterson Podcast and the Mind Pump Podcast.

John's goal is to help people navigate tough decisions, improve their relationships, and believe they're worth being well.

4 KEY TAKEAWAYS:

1. We share personal stories about our journeys, shedding light on how we navigate through an anxiety-inducing world.
2. John shares his experiences in raising his kids, highlighting the importance of letting them experience both success and failure.
3. We talk about the significance of stable, regulated adult relationships in a child's life, and how raising one's voice in anger can impact them.
4. John also speaks on body image struggles and making health choices, emphasizing the importance of self-love, self-care, and expressing gratitude.

"What in your life has your body identified as a pervasive threat that it has to sound the alarms all the time?"

