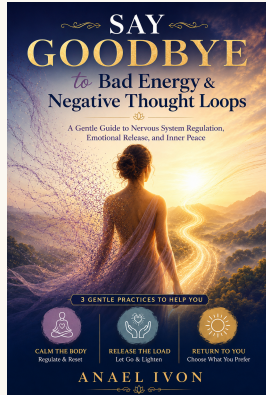


FOR IMMEDIATE RELEASE

Anael Ivon Offers a Gentler Approach to Negative Thought Loops in New Book

“Say Goodbye to Bad Energy & Negative Thought Loops” explores nervous-system awareness, emotional release, and simple practices designed to create space without turning wellbeing into another demand.



OREGON, August 31, 2026 —

Anael Ivon's *Say Goodbye to Bad Energy & Negative Thought Loops: A Gentle Guide to Nervous System Regulation, Emotional Release, and Inner Peace* offers readers an alternative to fighting unwanted thoughts or forcing themselves into a more positive state.

The book explores how emotional pressure, repetitive thinking, and nervous-system responses can reinforce one another. Instead of treating the mind as an enemy, Ivon invites readers to notice what is happening within them and create enough space for a different response to become available.

Among the book's practices is the **5-5-5 Somatic Reset**, a simple breath-based practice for creating a moment of space during stress or overwhelm, using the breath as a natural tool to support a calmer mind and nervous system. The book also explores gentle emotional release and the possibility of choosing what feels more supportive without demanding perfection.

Written in an accessible, encouraging style, the book is intended for readers interested in nervous-system awareness, somatic practices, emotional wellbeing, and practical ways to interrupt familiar thought patterns.

“The goal is not to battle every thought that appears. There is another doorway: awareness, space, and the opportunity to choose what supports you now.” — Anael Ivon

ABOUT ANAEL IVON

Anael Ivon is an author, spiritual guide, and International Board Certified Clinical Hypnotherapist. Her work explores awareness, consciousness, nervous-system and somatic experience, believability, receiving, and personal transformation. She is also creator and host of the *Open to Receive* podcast and founder of Incorruptible High Light™.

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