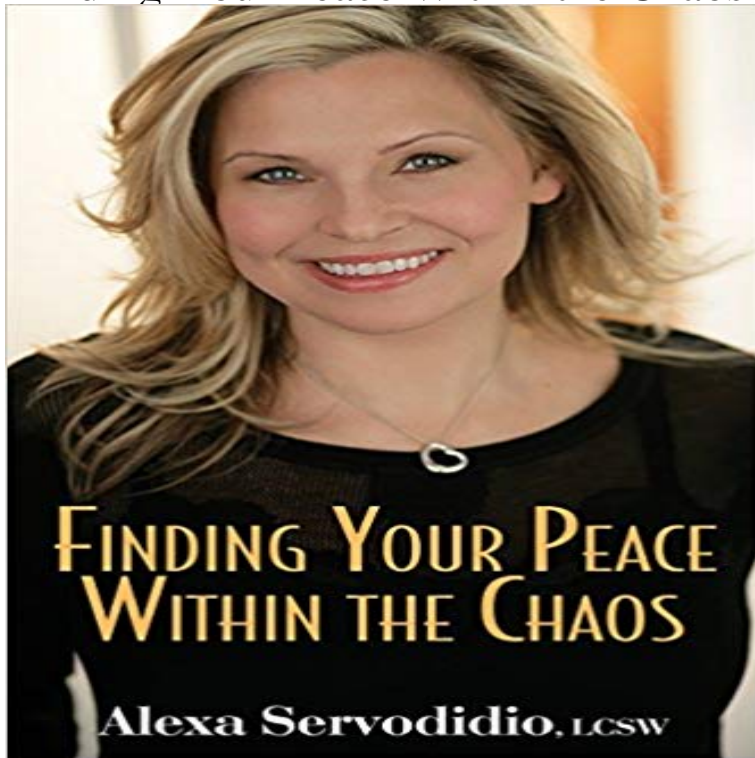


## Finding Your Peace Within the Chaos



Alexa Servodidio, LCSW is the author of Finding Your Peace Within the Chaos and Host on her radio show Insight into Healing. While preparing to write this book, Alexa decided to start each chapter with a question from her radio show. Her vision is to provide each reader with at least one educational tool for them to utilize and then share it with another. Giving back and paying it forward are the principles she bases her book, her show, and her life on. She wishes to thank everyone for joining her on this journey. Praise received for Finding Your Peace Within the Chaos In her radio show and now in her book, Alexa brings to the forefront the challenges that people often suffer from in silence, including heroin addiction, anxiety, and domestic violence. Drawing from her vast experience as a therapist, she provides empathy, knowledge, and paths for change and healing. - Lauren Priday, MA, LCSW My overall experience with Ms. Servodidios book was excellent. I read the book in 2 days and could not put it down. For example, I am a social work student and this book really touched on poignant stories, and also focused on current issues and epidemics. She interviewed people, and made people aware of their stories and struggles. It also provided me ways to examine, use tools, and to think critically about future clients that I may come in contact with in the future. This is truly a very inspiring book and I am looking forward to a Part 2. I really found my peace within the chaos. - Mary-Kay Kallergis

About the Author: Alexa Servodidio is a Licensed Clinical Social Worker / Psychotherapist who has her own Private Practice. She works with individuals, couples, and families. Her clients are both children and adults who experience a variety of issues related to anxiety, depression, post-traumatic stress disorder (PTSD), domestic violence, sexual abuse,

trauma, divorce, interpersonal relationships, communication, and relational skills. Ms. Servodidio has a Bachelor of Science from Pace University and a Master of Social Work from Fordham University. She has also completed a two-year Post-Graduate Program at Westchester Center for the Study of Psychoanalysis and Psychotherapy in Adult Psychotherapy and a one-year Couples Therapy Intensive Program. She hosts her own radio show, Insight into Healing, which airs Wednesdays at 8pm EST on BlogTalkRadio.

Blogtalkradio.com/alexas29. Ms. Servodidio explores case studies and takes questions from her listeners. The Journal News has also interviewed her regarding a sexual abuse scandal. In addition, Ms. Servodidio hosts her own internet television show; The Alexa Show on alexatvshow.com. She has over fifteen years of experience acting on stage, television and in films. Find out more on her website: <http://alexaservodidio.com>

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