

Learn How to Stay Calm and Confident in a Costly World

Rise above stress, embrace calm.



Columbus, Ohio Oct 31, 2025 ([Issuewire.com](https://www.issuewire.com)) - Sometimes, peace of mind can seem impossible to reach. That's why Miss Walker, the Certified Life Coach who hosts and The Creator of The Self-Help Expert Podcast, has put out a special podcast called "Finding Calm When Prices Rise" to help people who are stressed about money feel stronger, more clear, and with new hope.

This powerful episode is more than just advice. It uses Bible-based advice and useful cognitive behavioral tools to give you a tried-and-true plan for finding calm in the storm. People who listen will

learn how to get rid of their fears, take charge of their thoughts, and build unwavering confidence, even when the cost of living seems too high.

“I want to build trust and understanding with my listeners by giving them hope and peace of mind. This is what makes The Self-Help Expert Podcast unique. Quoted by Miss Walker”.

Not like quick-fix podcast , The Self-Help Expert podcast combines spiritual wisdom with practical steps that people can take to face life's difficulties with faith and courage. A special podcast episode that tells people that rising prices don't have to ruin their peace of mind. They can get through it with strength, knowledge, and calm.

This episode is available at <https://www.theselfhelpexpert.com>

About The Self-Help Expert podcast

The Self-Help Expert Podcast, which is created and hosted by Miss Walker, gives people the tools they need to live with confidence, clarity, and hope. Each episode gives people the tools they need to get over their fears and step bravely into their purpose by combining Bible truth with modern teaching techniques.

Media Contact

Corrinne Walker

*****@theselfhelpexpert.com

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