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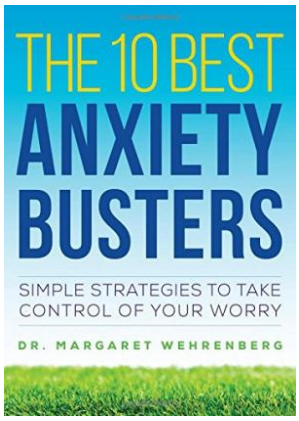
THE 10 BEST ANXIETY BUSTERS: SIMPLE STRATEGIES TO TAKE CONTROL OF YOUR WORRY



WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, The 10 Best Anxiety Busters: Simple Strategies to Take Control of Your Worry, Margaret Wehrenberg, Suffer from a fear of flying? Break out in a sweat during presentations? Experience a sudden panic attack when in a confined space, like an elevator? Whether you're struggling with mild anxiety or battling more severe phobia or panic, these are common experiences that affect millions of people. So what are the perennially anxious to...

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