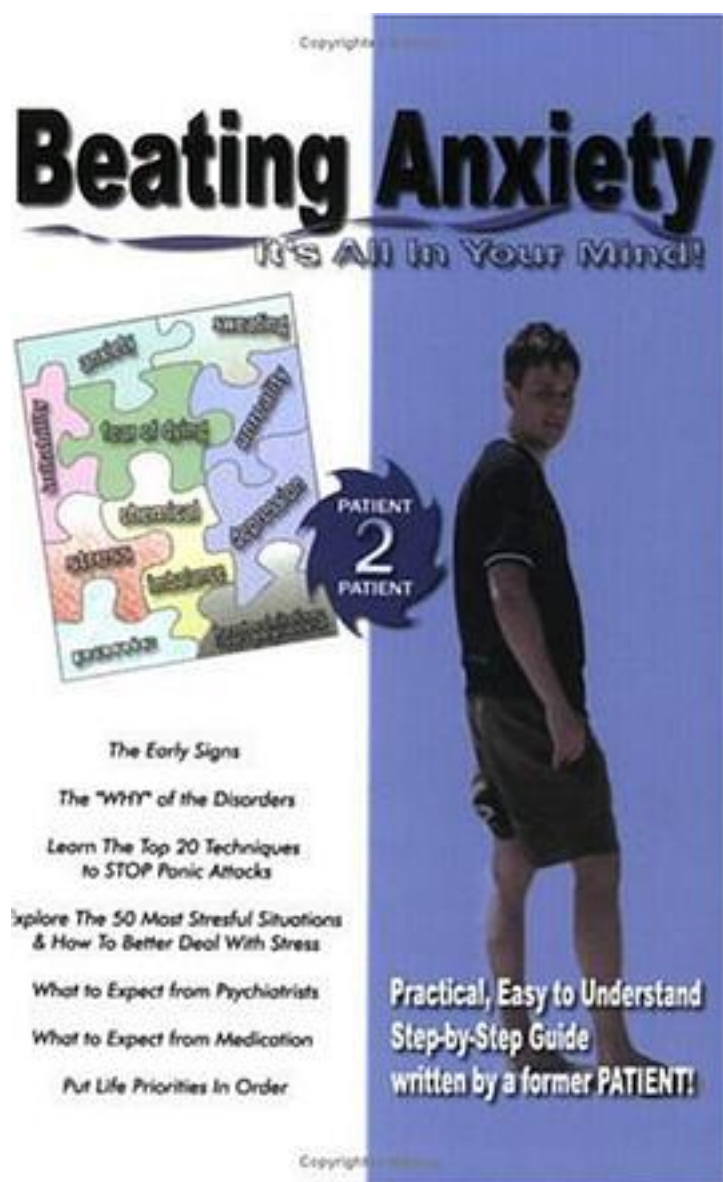


Beating Anxiety It's All In Your Mind



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Suffering from Anxiety, Panic Attacks or Depression? Learn from the Former Patient the tools and tricks you need to turn your life around and gain control over your disorder. Discover the top 20 techniques anyone can use immediately to prevent an imminent panic attack from ever happening. Build your stress resistance armor by exploring better ways of dealing with the 50 of the most stressful situations in our lives. Learn by example from someone who has been in your shoes and knows how you feel. Stop living your life as a reaction to your anxious fears.

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目录:

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