



Breaking Mad: The Insider's Guide to Conquering Anxiety

Anna Williamson

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Breaking Mad is a therapist in your pocket--no mumbo jumbo or expensive one-on-one sessions here--instead this is a friendly guide to help you through the worst times--written by someone who has been there and got the t-shirt, and now works as a therapist herself. Find helpful advice every step of the way--from recognizing and dealing with the first warning signs of anxiety, to coping with a panic attack. Simple, straightforward guidance, whenever and wherever you might need it--at home, on the bus, at college, just before a meeting, or even having a melt down in the work toilet cubicle. *Breaking Mad* is here for you. So, welcome to the club--time to tackle anxiety head on!

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Lori Thomas:

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based confirm resource info that maybe you can be considered one of it. This great information can easily drawn you into fresh stage of crucial considering.

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