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BADASS WAYS TO END ANXIETY STOP PANIC ATTACKS - A COUNTERINTUITIVE APPROACH TO RECOVER AND REGAIN CONTROL OF YOUR LIFE.: DIE-HARD AND SCIENCE-BASED . RECOVER FROM ANXIETY AND STOP PANIC ATTACKS

Badass
Ways to
End Anxiety
& Stop
Panic Attacks !

"A counterintuitive approach to recover and regain control of your life"

Die-Hard and Science-Based Techniques to recover from Anxiety and Stop Panic Attacks

GVPublishing. Paperback. Condition: New. 220 pages. Dimensions: 9.0in x 6.0in x 0.5in. Managing your anxiety and panic attacks belongs to the past. Its time to recover. Most people who suffer from anxiety and panic attacks are told by their well-meaning friends, doctors, therapists and psychiatrists to manage their anxiety. Some are prescribed pills in an effort to calm their anxiety down. Breathing techniques, mindfulness and more are advised as well. Needless to say, that isnt a very effective approach, and it...

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- Authored by Geert Verschaeve
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Reviews

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-- **Paolo Spinka**

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