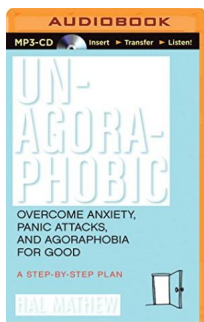


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## UN-AGORAPHOBIC: OVERCOME ANXIETY, PANIC ATTACKS, AND AGORAPHOBIA FOR GOOD: A STEP-BY-STEP PLAN



BRILLIANCE AUDIO, United Kingdom, 2014. CD-Audio. Book Condition: New. Unabridged. 175 x 132 mm. Language: English . Brand New. Un-Agoraphobic offers a comprehensive, step-by-step self-help program for overcoming agoraphobia and panic attacks. Since overcoming his own disorder twenty years ago, Mathe w has been leading support groups and recovery programs for people with agoraphobia. He understands what agoraphobes need and how to deliver it. No one knows exactly what causes agoraphobia or panic attacks, but it clearly involves some misfirings in..

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- Authored by Hal Mathe w
- Released at 2014



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