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## Fixing it: The Complete Survivor's Guide to Anxiety-free Living

By Bev Aisbett

HarperCollins Publishers (Australia) Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Fixing it: The Complete Survivor's Guide to Anxiety-free Living, Bev Aisbett, What's your IT? Anger? Fear? Low self-esteem? Depression? Addiction? FIXING It brings together for the first time in one volume, a complete guide to surviving anxiety in its many forms and how to move on to achieve change and growth in our lives. Includes the titles LIVING With It: A Survivor's Guide to Panic Attacks, LIVING It UP: the Advanced Survivor's Guide to Anxiety-free Living and LETTING It GO: Attaining Awareness out of Adversity. A survivor of Panic Disorder, cartoonist and author Bev Aisbett presents a fun, easy-to-read guide for sufferers of anxiety disorders, and a valuable insight for those interested in personal development.

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