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# Overcoming Anxiety

SECOND EDITION

A look at the roots of anxiety, panic, phobias, and more

Useful worksheets allow for self-evaluation and ways to get help

Calmng strategies help you deal with fears and anxieties

Joni E. Johnston, PsyD & O. Joseph Bienvenu, MD, PhD

# Idiot S Guides Overcoming Anxiety 2e

**Tad Gage**



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