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SECOND EDITION

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

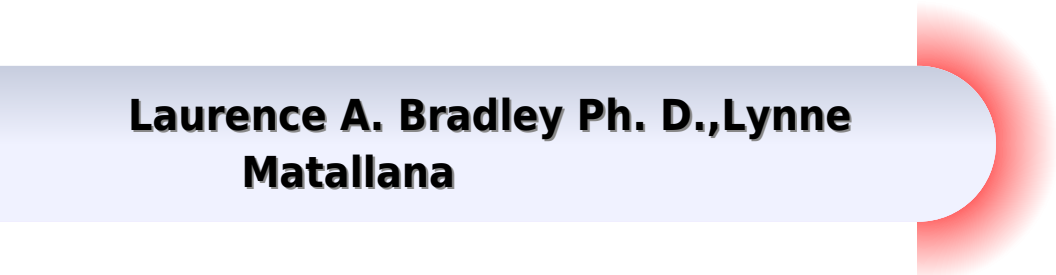
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Calmng strategies help you deal with fears and anxieties

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

Idiot S Guides Overcoming Anxiety 2e

**Laurence A. Bradley Ph. D., Lynne
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