



No More Anxiety!: Be Your Own Anxiety Coach

Gladeana McMahon

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This clear and concise volume looks at different anxieties, phobias, stress disorders, obsession-compulsive disorders and burn-out. It promotes the increasingly popular method of cognitive-behavioural approach and therefore includes very practical advice with exercises. It also has a section on frequently asked questions and dietary advice. Details on further reading are listed as well as useful resources for people suffering from anxiety-related disorders.

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