

Power Over Panic: Freedom from Panic-Anxiety Related Disorders, 2nd Edition

Bronwyn Fox

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Power Over Panic: Freedom from Panic-Anxiety Related Disorders, 2nd Edition Bronwyn Fox An update of the bestselling title by Bronwyn Fox, first published in 1996. This book will give you a simple and practical approach to understanding and overcoming anxiety disorders. It has been expanded significantly to include early intervention strategies to prevent the development of an anxiety disorder.



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