

Date:

Anxiety, Panic,
Stress & Fear 2.5

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Anxiety, Panic, Stress & Fear

2.5 

Title: **Feel The Fear And Do It Anyway**

Author(s): **Jeffers**

Publisher: **Vermillion**

Year: **2007**

ISBN: **0091907071**

This book about overcoming fears aims to help the reader live their life to the full without being held back by their anxieties.

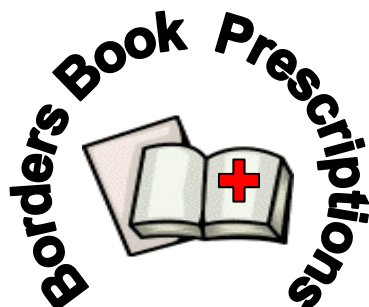
Written by an American psychologist, it will give the reader the skills to enhance the way they cope in any situation (e.g. public speaking, asserting oneself, changing jobs, losing a loved one) and increase their confidence and ability to make decisions.

(219 pages)

Readability:



Cover Price: **£6.99**



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Date _____

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