

Date:

Anxiety, Panic,  
Stress & Fear 2.2

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# Anxiety, Panic, Stress & Fear

## 2.2

Title: **Self-Help For Your Nerves**

Author(s): **Weekes**

Publisher: **Thorsons**

Year: **1995**      ISBN: **0722531559**

- A practical guide to coping with anxieties
- Offers advice on how these anxieties and fears can be reduced whilst increasing your confidence in dealing with them

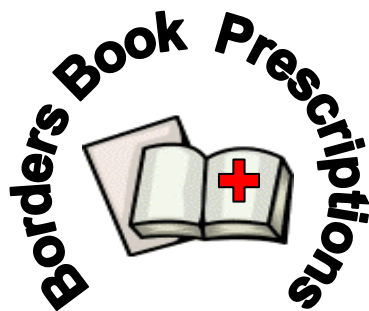
Quite an old-fashioned book, but many have found it useful.

(172 pages)

Readability:



Cover Price: **£7.99**



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