



50 Tips to Help You Deal with Anxiety

By Anna Barnes

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50 Tips to Help You Deal with Anxiety By Anna Barnes

A mini guide to combating feelings of anxiety

Many of us experience anxiety at some point in our lives. This book of simple, easy-to-follow advice provides you with the tools and techniques to manage stress levels and develop a positive and more relaxed approach to dealing with life's ups and downs.

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Editorial Review

About the Author

Anna Barnes is the author of several titles in the 50 Tips series.

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From reader reviews:

Carol Rodgers:

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Mike Munguia:

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