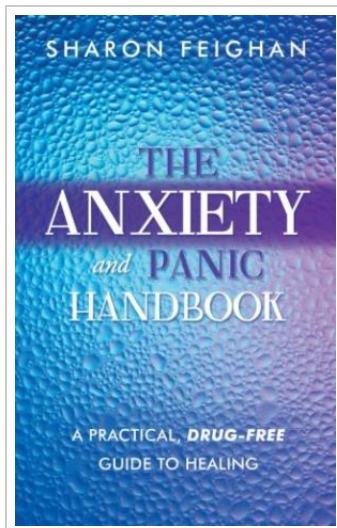




The Anxiety and Panic Handbook: A Practical, Drug-Free Guide to Healing

By Sharon Feighan

Balboa Press, United States, 2013. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.A compact, all-inclusive, step-by-step handbook, sized to fit in a handbag. Contains an individual workable plan of action designed to facilitate healing. This handbook is designed to share the tools I used to regain control of my life. By using my techniques, you can achieve results without resorting to medication, and it can be achieved within eight to twelve weeks. You can transform your world of fear and restriction to total freedom and peace of mind within this short amount of time, if you fully commit and dedicate yourself to using my program with passion. My handbook provides you with a practical guide that will only take a few hours to read, without delving into complicated analysis and causes. It is about dealing with the issues and symptoms that are happening in the present and working toward regaining control quickly and inexpensively, whilst still in a comfortable home environment. My book provides an alternative to many treatments that involve medication and months or years of therapy. I believe that by focusing on the present and the future,...



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