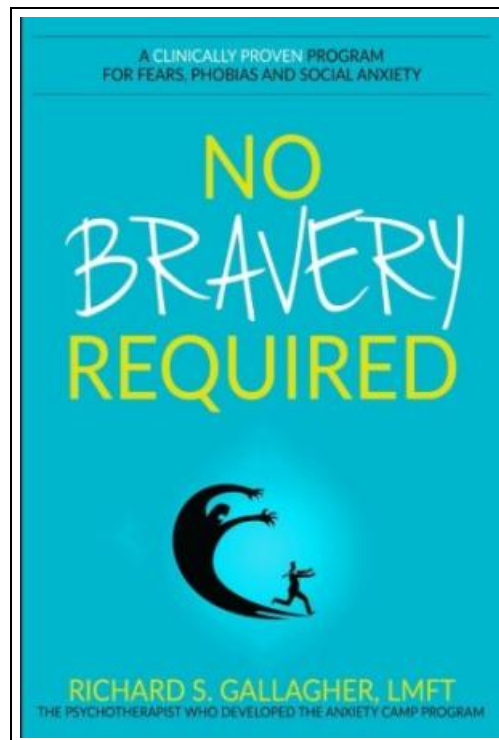


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Reviews

A whole new electronic book with an all new perspective. It is one of the most incredible book we have read. Your way of life span will likely be convert when you comprehensive reading this article book.
(Spencer Fay)

NO BRAVERY REQUIRED: A CLINICALLY PROVEN PROGRAM FOR FEARS, PHOBIAS AND SOCIAL ANXIETY (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Losing your fears is easier than you think. If you suffer from fears, phobias, or constant worry - particularly when these fears cripple your life - you may feel your problem is a lack of bravery. You've probably heard slogans like get outside of your comfort zone , or feel the fear and do it anyway , and feel that somehow you aren't trying hard enough. In reality, you are probably trying too hard. No Bravery Required teaches you how to break the code of fear, one small comfortable step at a time. Based on the author's Anxiety Camp - an intensive group program for anxiety sufferers and their families, with high success rates - this book will teach you how to become your own anxiety therapist. Using strategies such as mindful awareness, physical relaxation, changing your thoughts, gradual exposure, and social skills, learn to take your life back and free yourself from irrational fears!.

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