

An Aspect Of Fear: A Journey From Anxiety To Peace - Grace Sheppard

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A new edition of one of the most successful inspirational books of the last 30 years chronicling Lady Grace Sheppard's struggle with agoraphobia. This is a warm and wonderfully written book helps us to realise that we are not self-sufficient, that we cannot be perfect, that to be human, we all need to help and to be helped by others. One of the great books of healing and inspiration. Author: Sheppard, Grace
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