

Embracing The Fear: Learning To Manage Anxiety & Panic Attacks - , Amr Barrada

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A compassionate look into managing anxiety disorders, simple phobias, panic disorders, and agoraphobia, Embracing the Fear offers effective techniques in visualization, meditation, and inner-dialogue. The book and audiocassette (sold separately) help us accept and change panic and avoidance responses, and assist us in identifying anxiety triggers. Author: Bemis, Judith Author: Barrada, Amr Publisher: Hazelden Illustration: N Language: ENG Title: Embracing the Fear: Learning To Manage Anxiety & Panic Attacks Pages: 00160 (Encrypted EPUB) On Sale: 2011-06-02 SKU-13/ISBN: 9780894869716 Category: Self-Help : Substance Abuse & Addictions - General Category: Self-Help : Mood Disorders Category: Self-Help : Stress Management

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