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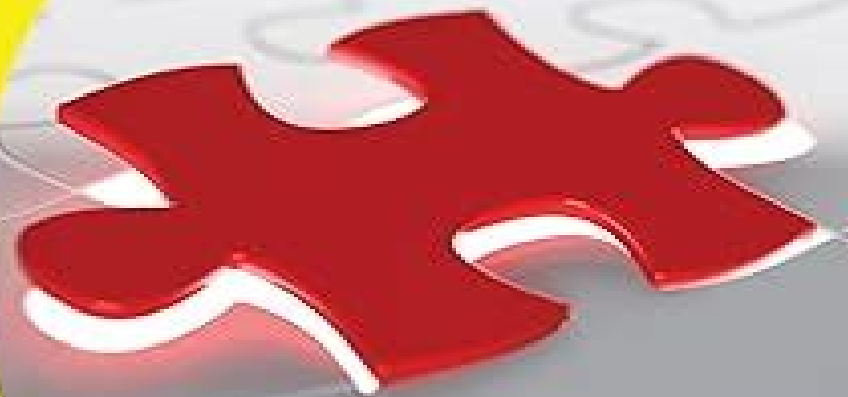
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- Understand what anxiety is and how it can hold you back
- Prepare for change and establish goals for the future
- Face your fears and keep your worries in perspective

**Graham Davey, Kate Cavanagh,
Fergal Jones, Lydia Turner,
Adrian Whittington**



Managing Anxiety With Cbt For Dummies

Michael Hoelscher



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