



Attacking Anxiety and Depression : A Self-help, Self-awareness Program for Stress, Anxiety and Depression

Midwest Center for Stress & Anxiety

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Attacking Anxiety & Depression is a self-help, self-awareness book that will help deliver you from the depths of despair. It is very common to experience some mixed emotions as you begin. Some people feel excited, nervous, even a bit jittery at first. Some are initially skeptical having tried a host of different therapists, therapies, and medications to no avail. Take a moment and remember that this program has evolved over 17 years, it is a step-by-step process and it works!

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