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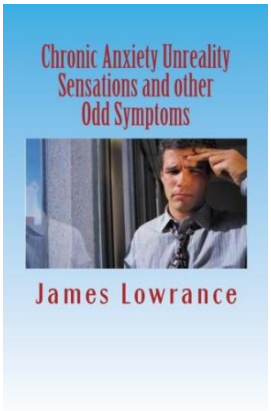

Createspace, United States, 2011. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.INTRODUCTION: Beginning in my teen years, I experienced intermittent panic attacks. Previous to this, I suffered prolonged episodes of free-floating anxiety (generalized worry and anxiousness). During my twenties, I found coping skills for my anxiety that were mostly self-taught, although I had seen mental health counselors for short periods of time in my late teens. These sessions were...

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- Authored by James M Lowrance
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