# **BOOKS ON OVERCOMING ANXIETY**



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# FREE Book To Overcome Anxiety Worrying Dr Sarah Allen

Also, if you would like to read more, I have several blog posts on my blog about anxiety and other issues that can affect the way you feel. If after reading the booklet you feel ready to start working on reducing your anxiety but need support, I can help you overcome worrying in one-on-one individual counseling sessions.

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#### 5 Best Books for Dealing with Anxiety and Depression

In my experience, the best books on dealing with anxiety and depression are the best because they are honest about the situation. There is this thing that sucks, and you re not going to magically make it go away. You have to deal with it, engage it, wrestle with it a bit and become stronger in the face of it.

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## 9 Great Self Help Books for Social Anxiety Disorder

"Overcoming Social Anxiety and Shyness" by Gillian Butler provides a step-by-step program for overcoming social anxiety disorder through the use of cognitive-behavioral therapy techniques. The book is one in a series of self-help titles about overcoming disorders; each volume in the series presents history and background as well as practical advice for improvement.

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