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5 Best Books for Dealing with Anxiety and Depression

There are a lot of books out there giving crappy advice about anxiety and depression. Here's my shortlist of books that actually help.

<http://ebookslibrary.club/5-Best-Books-for-Dealing-with-Anxiety-and-Depression--.pdf>

Self Help Books for Social Anxiety Disorder

"The Shyness and Social Anxiety Workbook" is a comprehensive program for overcoming social anxiety disorder that includes a self-evaluation and the tools to put together a customized plan for making changes in your life. In addition, general information about treatment and resources for social anxiety is provided.

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15 Best Self Development Books For Anxiety Michael

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