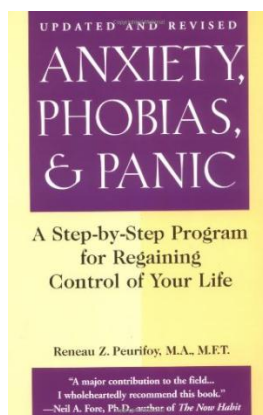


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ANXIETY, PHOBIAS, AND PANIC



Grand Central Publishing. Paperback. Book Condition: New. Paperback. 400 pages. Dimensions: 8.8in. x 6.0in. x 1.1in. DESCRIPTION: In this classic guide--newly revised and updated--expert Reneau Peurifoy shows readers how to understand and overcome all types of anxiety-related disorders. Anxiety is an unpleasant, though mostly unavoidable, aspect of modern life--but for many, normal anxiety can become something far more serious and debilitating. Now, in this updated and revised edition of ANXIETY, PHOBIAS and PANIC, readers will learn how their condition developed and...

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- Authored by Reneau Z. Peurifoy
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