

Breaking Mad The Insiders Guide To Conquering Anxiety

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'Breaking Mad: The Insider's Guide to Conquering Anxiety' is Anna Williamson's first book, written with Dr. Reetta Newell. Anna draws on her own experience of being diagnosed with general anxiety disorder, and shares expert guidance and coping mechanisms to help you deal with your own anxiety.

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Breaking Mad The Insiders Guide

Breaking Mad: The Insider's Guide to Conquering Anxiety. Breaking Mad is a therapist in your pocket--no mumbo jumbo or expensive one-on-one sessions here--instead this is a friendly guide to help you through the worst times--written by someone who has been there and got the t-shirt, and now works as a therapist herself.

Breaking Mad: The Insider's Guide To Conquering Anxiety ...

Breaking mad : the insider's guide to conquering anxiety. [Anna Williamson, (Television presenter); Reetta Newell; Beth Evans, (Illustrator)] -- Breaking Mad is packed with coping methods and solutions for those everyday moments where you need a helping hand.

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Breaking Mad: The Insider's Guide to Conquering Anxiety

In her first book, 'Breaking Mad: The Insider's Guide to Conquering Anxiety', Anna bravely shares her own story on mental health and how she came to be diagnosed, eventually, with general anxiety disorder.

BREAKING MAD: THE INSIDER'S GUIDE TO CONQUERING ANXIETY ...

Breaking Mad is a therapist in your pocket - no mumbo jumbo or expensive one-on-one sessions here. Instead this is a friendly guide to help you through the worst times, written by someone who has been there and got the T-shirt and now works as a therapist herself.

Review: Breaking Mad with Anna Williamson: The Insider's ...

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