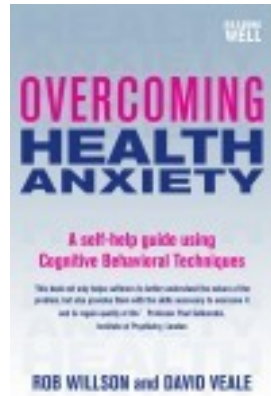


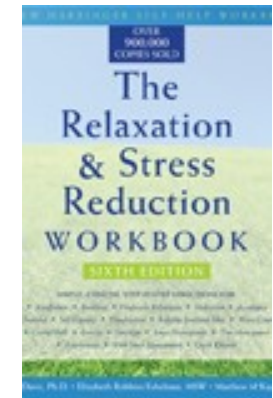
Overcoming Anxiety
Helen Kennerley



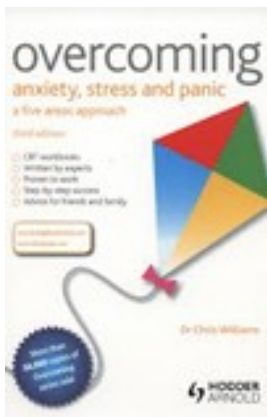
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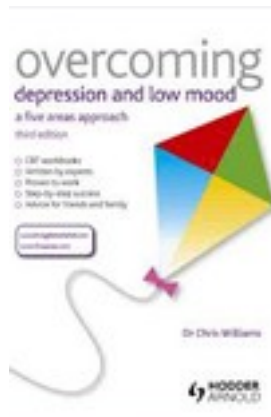
An Introduction to Coping with Health Anxiety
Charles Young



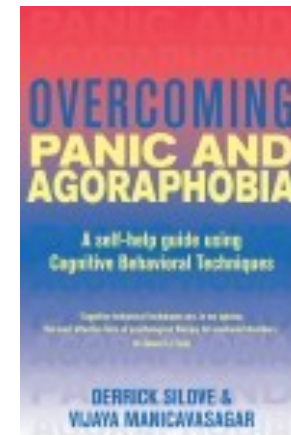
The Relaxation & Stress Reduction Workbook
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Overcoming Anxiety, Stress and Panic
Christopher Williams



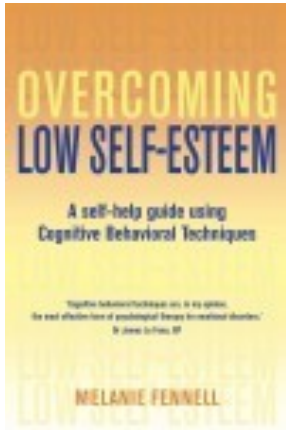
Overcoming Depression & Low Mood
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Overcoming Panic & Agoraphobia
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The Worry Cure
Robert Leahy



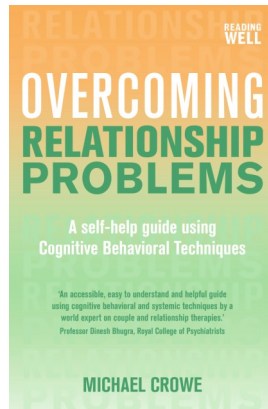
**Overcoming Low Self
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Melanie Fennell



**Overcoming Chronic
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Frances Cole



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