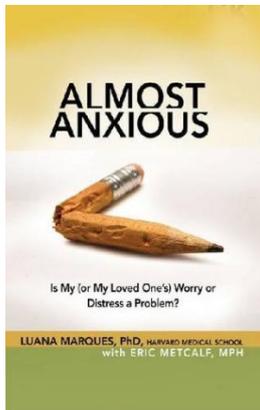


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## ALMOST ANXIOUS: IS MY (OR MY LOVED ONE'S) WORRY OR DISTRESS A PROBLEM?



Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem?, Luana Marques, Eric Metcalf, Recognise obsessive thoughts that can cause worry and panic, and gain the skills to change unhealthy feelings of distress in everyday life. It is only human to worry about problems in our lives - but for some, obsessing for weeks and months, avoiding social events and situations due to feelings of panic...

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- Authored by Luana Marques, Eric Metcalf
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