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From recognising the first warning signs of anxiety, to coping with a panic attack or social anxiety, Anna and Reetta will be with you every step of the way, offering practical strategies and straightforward guidance whenever and wherever you might need it.

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here--instead this is a friendly guide to help
you through the worst times--written by
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shirt, and now works as a therapist herself.

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Conquering Anxiety ...

Hi folks – well what a busy few months it 's been! Not only have I given birth to my wonderful little boy, Vincenzo George, I have also managed to produce another ' baby 'my first book ' Breaking Mad: The Insiders Guide to ... Continue reading »

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