

Freeing Yourself From Anxiety: 4 Simple Steps To Overcome Worry And Create The Life You Want By Tamar E. Chansky

By Tamar E. Chansky

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Dr. Tamar Chansky is a clinical child psychologist, Freeing Yourself from Anxiety: Four Simple Steps to Overcome Worry and Create the Life You Want

FREEING YOURSELF FROM ANXIETY BY TAMAR E PhD and author of Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want

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After a fitful night of worry punctuated with bits of nightmare-plagued sleep, we had to smile at the arrival of *Freeing Yourself From Anxiety: 4 Simple Steps to*

May 17, 2012 *FREEING YOURSELF FROM ANXIETY: 4 Simple Steps to Overcome Worry and Create the Life You Want*, by Tamar E. Chansky, PhD., Da Capo/Lifelong, 306 pp., \$16.

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