



First Steps Out of Anxiety (Paperback)

By Dr. Kate Middleton

Lion Hudson Plc, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. First Steps is a new series of short, affordable self-help on a range of key topics. In First Steps out of Anxiety, Kate Middleton draws on years of experience as a psychologist to explain what anxiety is, how it works, and what you can do about it. Full of real-life stories and tips, it is a useful guide for sufferers and carers alike. Other titles in the First Steps series include: Bereavement, Depression, Eating Disorders, Gambling and Problem Drinking.



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