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Nota di contenuto	Intro -- Contents -- Introduction -- 1. Relax Your Body -- 2. Relax Your Mind -- 3. Think Realistically -- 4. Face Your Fears -- 5. Get Regular Exercise -- 6. Eat Right -- 7. Nourish Yourself -- 8. Simplify Your Life -- 9. Get Off the Worry Spiral -- 10. Cope on the Spot -- Your Anxiety Tool Kit -- About the Authors.
Sommario/riassunto	From the author of the self-help classic, The Anxiety and Phobia Workbook, this pocket-sized guide offers readers quick, simple, and effective anxiety relief that fits right in their pocket, so they can manage their worst anxiety symptoms anytime, anywhere.