



Little Book for Anxiety

James Quigley

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Little Book for Anxiety is a book that gets straight to the point on anxieties; how we can overcome them, and how we can cope with them until we can overcome them. Written by the UK's leading anxiety coach, James Quigley, this self-help book shows the system that he uses that has helped thousands of clients overcome their anxieties and sets out the techniques for coping with anxieties until a client is ready to resolve them, in bite size format, written in plain English for everyone to understand.

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