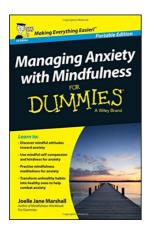
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MANAGING ANXIETY WITH MINDFULNESS FOR DUMMIES



John Wiley Sons Inc, United States, 2015. Paperback. Book Condition: New. UK Portable ed.. 220 x 144 mm. Language: English. Brand New Book. Don t panic! Managing Anxiety with Mindfulness For Dummies is a practical guide to overcoming your worries and minimising anxiety using mindfulness techniques. The National Health Service and the National Institute for Care and Excellence recommend mindfulness as a legitimate treatment for anxiety, and its also been proven to alleviate stress, depression, low selfesteem, and insomnia....

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- Authored by Joelle Jane Marshall
- Released at 2015



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