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ME FINALLY: UNDERSTANDING ANXIETY AND PANIC



Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a sequel Memoir to my first book, If Seen My Journey Living With Anxiety. In Me Finally I show the reader why life could feel joyless while struggling with anxiety. I bring up my encounters with my family and past that led to living a joyless life. I show the growth I made through therapy and...

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- Authored by Karla Yazzolino
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