



Anxiety Turnaround: The Keys to Understanding and Reshaping the Tools That Frame Your Mind

Soulvay Plevell

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An evolutionary book on the expanding prevalence of anxiety throughout the human race and even animal populations. An easy to read guidebook touching on an overview of anxiety that is often overlooked in traditional practices. Learn how to understand anxiety and how you can apply the principles to your life through study and exercises within the book.



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