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FIX YOUR PHOBIA IN 90 MINUTES



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Fix Your Phobia in 90 Minutes, Anthony Gunn, One in four people suffer from phobias, yet, they are the easiest psychological problem to treat. Psychologist and phobias expert Anthony Gunn has spent a lifetime helping people overcome their phobias, and has developed a simple, ten-step programme that anyone can do and which takes only 90 minutes. This includes: anti-fainting exercises; deep breathing techniques; recognising and labelling phobic thoughts; and, learning how to...

Read PDF Fix Your Phobia in 90 Minutes

- Authored by Anthony Gunn
- Released at -



Filesize: 6.63 MB

Reviews

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**

Complete guideline for ebook enthusiasts. It really is loaded with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Delilah Hansen**

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