RECOMMENDED BOOKS FOR ANXIETY RELIEF AND FURTHER LEARNING

DARE - The New Way to End Anxiety and Stop Panic Attacks by Barry McDonagh

Any book by David Carbonell including The Panic Attack Workbook and The Worry Trick

The Body Keeps the Score - Brain, Mind and Body in the Healing of Trauma by Bessel Van Der Kolk

The Anti-Anxiety Food Solution by Trudy Scott

Mind To Matter by Dawson Church

The Brain That Changes Itself - Stories of Personal Triumph from the Frontiers of Brain Science by Norman Doidge

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