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# Conquering Fear and Anxiety

- Quick and easy explanations of fears, phobias, and other types of anxiety
- Idiot-proof steps to getting your fears and anxieties under control
- Down-to-earth advice on how to implement the strategies you need to take back your life

Sharon Heller, Ph.D.



# The Complete Idiots Guide To Conquering Fear And Anxiety Complete Idiots Guides Ser

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