

"The one book that's long been missing from
our survival toolbox as Black women."

—Julia Boyd, psychotherapist and author of *Can I Get a Witness?*



Soothe Your Nerves

The Black Woman's
Guide to Understanding
and Overcoming Anxiety,
Panic, and Fear

Dr. Angela Neal-Barnett 

Soothe Your Nerves

Michael Hoelscher



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