



First Steps Out of Anxiety (First Steps Series)

Kate Middleton

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Anxiety can rob you of opportunities, satisfaction, and self-esteem. But this doesn't have to be the case – by learning some simple techniques, you can regain ground and lead a happier, more fulfilled life. In *First Steps out of Anxiety*, psychologist Kate Middleton reveals how anxiety works – in your thought patterns and in your body's chemicals. Drawing on real-life stories as well as her own experience of overcoming phobia, Kate lays out a path to recovery which is compassionate, easy to follow, and perfect for anyone wishing to take the first steps to recovery.

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