



The Smart Guide to Overcoming Anxiety

MS.Ed., Carmen S Gonzalez

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Are you often over ridden with uncontrollable fear? The Smart Guide to Overcoming Anxiety is a book of strategies for dealing with anxiety. The creator has made this book a pocket sized manual for those who need constant reminders for dealing with anxiety provoking situations. If you need to know how to deal with anxiety then look no further. Professor Carmen S. Gonzalez creator of Hair Survival Guide 101 and co-author of the Official Hood Survival Manual has written a guide that has helped many people deal with anxiety. Anxiety is a serious disorder that can be treated and should be managed appropriately.

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