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himself in clouds of anxiety. With a grimace he particularly if you feel you have lost control of worry, you If someone else was in your shoes, would they be worrying as much . Leahy, R.L. (2009) Anxiety free: unravel your fears before they

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Anxiety free : unravel your fears before they unravel you, Robert L. Leahy. 9781401921637 (hardcover : alk. paper), Toronto Public Library.

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Robert Leahy, Ph.D., who has 25 years treating anxiety, and is the author of "Anxiety Free Unravel Your Fears Before They Unravel You," says panic disorder,

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