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The Anxiety Solution: A Quieter Mind, a Calmer You

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The Anxiety Solution is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist, Chloe Brotheridge. Chloe will help you understand why we feel anxious and will equip you with techniques to help manage the symptoms and start living a happier, more confident life.

The Anxiety Solution: A Quieter Mind, a Calmer You eBook

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