



Crazy Panic

Jennifer Lynn Sweetser

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Let's face it, girlfriend, suffering from panic attacks, anxiety, or depression is worse than having a closetful of brand new outfits without a fabulous pair of shoes to go with it. Seriously, anxiety and depression can make us feel like we're crazy. The truth, though, is that we are far from crazy and can still lead normal, healthy, fun lives doing everything we love! Having dealt with panic and anxiety myself since the age of ten, I've written this book for you, ladies. Chatting woman-to-woman and friend-to-friend, I'll tell you about the variety of ways you can stop fear, worry, and gloom from taking over your life. Besides showing you that you're far from alone, Crazy Panic will teach you the causes of panic, anxiety, and depression, along with techniques and treatments to help you rise above their treachery... So, girls, sit back with your feet up, grab a cup of tea, and read on!

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Fidel Auxier:

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Donald Lombard:

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Phyllis Thompson:

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