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# SELF HELP FOR YOUR NERVES: LEARN TO RELAX AND ENJOY LIFE AGAIN BY OVERCOMING STRESS AND FEAR



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Self Help for Your Nerves: Learn to Relax and Enjoy Life Again by Overcoming Stress and Fear, Claire Weekes, Essential guide for everything you need to know to keep relaxed through every day life Repackage of the phenomenally successful guide to dealing with nervous illness - Self Help for Your Nerves. This guide offers the most comprehensive insight and advice into coping with nervous stress. Sufferers of nervous illness regard Self Help...

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- Authored by Claire Weekes
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