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## HOW TO FREE YOURSELF FROM ANXIETY AND PHOBIAS: BE SET FREE FAST TAPPING FOR HEALTH (PAPERBACK)



HOW TO FREE YOURSELF FROM ANXIETY AND PHOBIAS Rosemary Harper



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How to Free Yourself from Anxiety and Phobias is an instruction manual for using tapping therapy in a simple way to treat for anxiety, phobic blockages and any factors that limit a person s normal functioning. If there is fear of flying, this method can assist. Perhaps you cannot immerse yourself in water, or even enter a crowded...

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- Authored by Mrs Rosemary Newton Harper Msw
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