



How to Break Free from Anxiety - A Transformational Guide to Wellness

Dr Dov Phillips

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If anxiety has taken control of your life, you'll want to read this book. When anxiety's in the driving seat, it can feel like your life is taking a one way trip down the wrong road. But being overwhelmed on a day to day basis truly isn't something that you need to put up with. Whether you're worried about the past, your present or your future, or simply confused about the causes of anxiety and the treatments available to you, help is at hand. With his unique holistic approach, in this book Dov clearly reveals the simple yet powerful strategies and techniques that he has used throughout many successful years helping people just like you to take back control, build the lives they want and break free from anxiety. Hear their stories, discover just how they reached their successes - and create your own with the simple guidance and tactics found within.

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