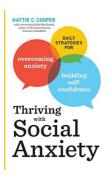
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Callisto Media Inc., United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book. Hattie Cooper, the blogger behind The Anxious Girl s Guide to Dating, knows anxiety. She has lived with Generalized Anxiety Disorder for years. Reading this book is like getting advice from a friend who has been there. Hattie shares immediate, easy-to-use strategies for tackling your Social Anxiety Disorder and creating healthy habits. Featuring expert advice from foreword writer and registered...

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