



The Little Book of Calm: Tame Your Anxieties, Face Your Fears, and Live Free (Hardback)

By Dr. Aaron Balick

Ebury Publishing, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. The Little Book of Calm has the magic formula for anxiety This definitive book, written by a trained psychotherapist, who regularly appears on CBBC and BBC Radio 1, offers techniques, advice and inspiration on the best and most effective ways to manage anxiety. From exercises to help you put your worries into perspective, to relaxation methods for when anxiety attacks, Dr Aaron Balick shows you how to feel more at ease and sustain a sense of calm.



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-- Lyda Davis II

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