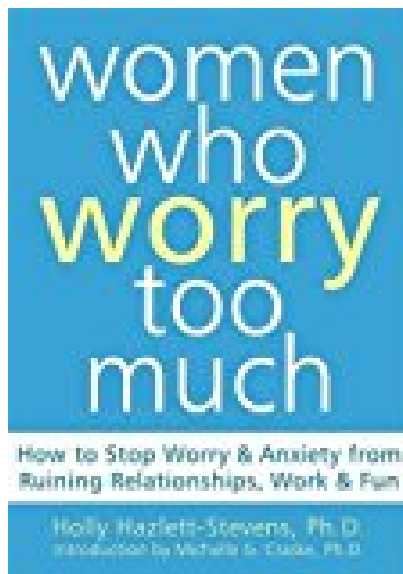


Women Who Worry Too Much How to Stop Worry and Anxiety from Ruining Relationships Work and Fun



BOOK DETAILS

- Author : Michelle G. Craske
- Pages : 184 Pages
- Publisher : New Harbinger Publications
- Language : English
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BOOK SYNOPSIS

An expert in the study of worry and anxiety provides women with simple, engaging, proven effective CBT and mindfulness-based exercises and strategies to combat excessive worry, freeing them up to lead a more productive, stress-free life.

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