



**Venza Sus Temores/ Anxiety, Phobias, and Panic:
Ansiedad, Fobia Y Panico / Taking Charge and
Conquering Fear (Autoayuda / Self-Help) (Spanish
Edition)**

Reneau Z. Peurifoy

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In this newly revised second edition, the author, a professional in her field, teaches readers how to treat and overcome anxiety, phobias, aggressiveness, and stress. Through 15 lessons, readers learn step by step how to control their symptoms, fears, and behaviors.

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