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THE PANIC FREE STEPS: PANIC ATTACKS: CHEMICALS IN YOUR DIET



Books to Publish, United Kingdom, 2011. Paperback. Book Condition: New. 212 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. The Panic Free Steps is a revolutionary book, an author's story with a scientific and evidence-fuelled direction for preventative measures and cures to stop Panic Attacks and related Anxiety, Claustrophobia, Agoraphobia and Compulsive Disorder. This book also contains years of letters from Pilots who had Panic Attacks and Blackouts whilst flying and who are linked...

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- · Authored by L. K. Speirs
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