



Fight or Flight No More: The Solution to Anxiety

Tristen Paradis

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If you are being worn down by your own metaphorical Saber-tooth Tigers, day in and day out, then follow the step by step guidance given in this book to overcome anxiety. I've personally gone from anxiety attacks every day to being completely free of them. It's been two and a half years now since the last attack. I believe that if I could do it, so can you. I wish you the very best on your journey to overcoming anxiety!

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