

Anxiety Free Journal A Guided Workbook To Empower

by

Anxiety Free Journal A Guided Workbook To Empower

If you suffer from anxiety, you are not alone. Anxiety might act like the boss, but you are. Follow the steps in this journal and you will see the tricks anxiety plays and acquire the tools to chart a more positive course for yourself. You can do it.

Price: \$14.99
Stock: Plenty Of Stock
Item Code: ANXFRJ2

ISBN: 9781922432933
Book Format: Hardcover
Pages: 224
Dimensions: H 205mm x W 165mm x D 25mm
Weight: 564g

