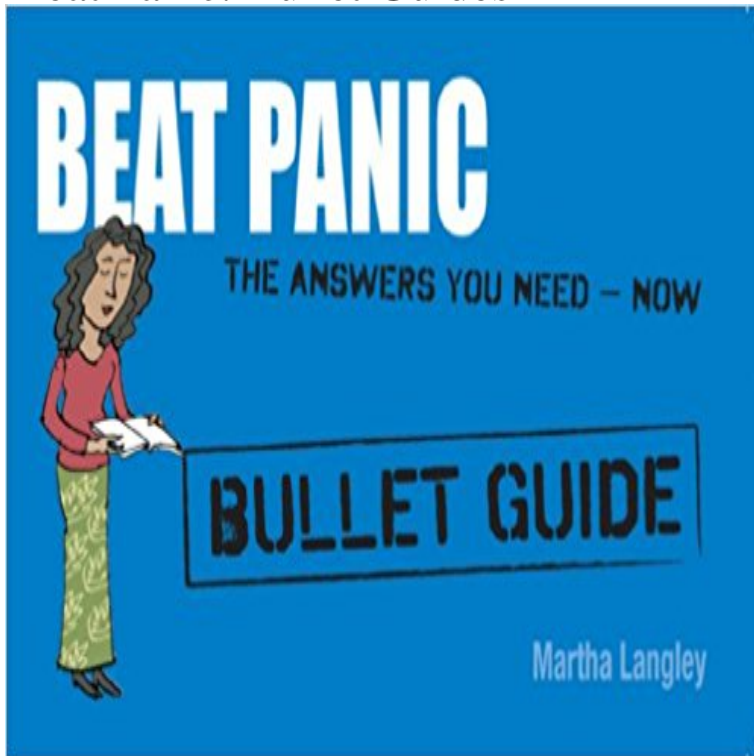


Beat Panic: Bullet Guides



Bullet: Beat Panic is a user-friendly visual guide to overcoming panic. Open this book and you will: understand the causes of panic; use relaxation techniques learn to face your fears; stop negative thought patterns.

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