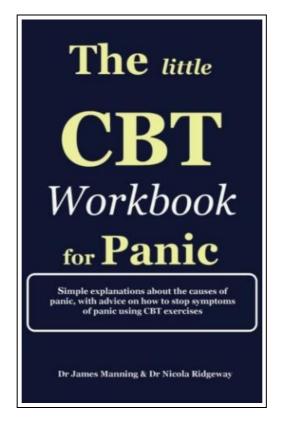
# The Little CBT Workbook for Panic: Simple Explanations about the Causes of Panic, with Advice on How to Stop Symptoms of Panic Using CBT Exercises



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### Reviews

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(Faye Shanahan)

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