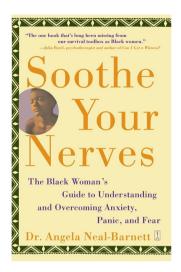
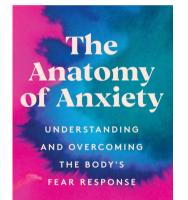
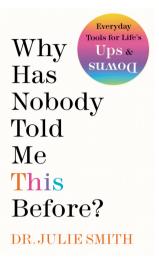
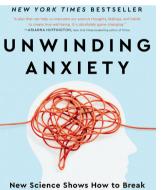
Book Recommendations for Anxiety





Ellen Vora, M.D.





the Cycles of Worry and Fear to Heal Your Mind

JUDSON BREWER, MD, PhD

