

First Aid For Fear

Ms Dawn D Macaskill



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First Aid For Fear presents twelve powerful techniques proven effective to relieve fear and anxiety naturally. Get rid of fear for good! Gain control and get your life back. These techniques are simple, quick and fun to use. There is a special gift in this book. In Chapter 5 there is a download link for an entire therapy system which includes a zipfile with mp3's and instructions. Use it to neutralize any negative emotion in 11 minutes or less. Part of the proceeds of this book go to horse rescue and equine therapy. Thank you. www.firstaidforfear.com



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