

# **Anxiety & Depression**

# **WORKBOOK**



# dümmies

Explore and pinpoint the origins of your symptoms

Chart your progress with exercises and worksheets

Use strategies to help manage anxiety and depression

Laura L. Smith, PhD

Clinical psychologist and serenity mayen

# **Anxiety Depression Workbook For Dummies**

**Chao Zhang** 

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Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Anxiety Depression Workbook For Dummies**. This emotionally charged ebook, available for download in a PDF format (\*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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