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for calming your
anxious mind



JEFFREY BRANTLEY, MD
WENDY MILLSTINE, NC

Daily Meditations For Calming Your Anxious Mind

Jeffrey Brantley, Wendy Millstine



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Duane Brown,2009-10-01 This second edition of Flying Without Fear written by a former lead trainer for American Airlines AAir Born program helps anxious flyers understand the reasons and physiology of their fears and teaches them how to cope with their anxieties both before flights and while in the air

The Insomnia Workbook Stephanie Silberman,2009-06 In The Insomnia Workbook readers struggling with insomnia learn treatment techniques from cognitive behavioral therapy CBT to help them fall asleep be more productive during waking hours and improve their overall health *True Belonging* Jeffrey

Brantley,Wendy Millstine,2011-07-01 Written by the authors of the Five Good Minutes series Jeffrey Brantley and Wendy Millstine True Belonging presents inspirational quotes mindfulness meditations and practical exercises readers can do to alleviate feelings of loneliness and isolation and enhance compassion and social connection

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