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Drawing on her own personal experiences with anxiety, therapist Anna Williamson offers easy to follow, expert guidance, alongside clinical psychologist, Dr. Reetta Newell. Breaking Mad is packed with coping methods and solutions for those everyday moments where you need a helping hand.

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Breaking Mad is packed with coping methods and solutions for those everyday moments where you need a helping hand. From recognising the first warning signs of anxiety, to coping with a panic attack or social anxiety, Anna and Reetta will be with you every step of the way, offering practical strategies and straightforward guidance whenever and wherever you might need it.

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Breaking Mad: Anna Williamson, Anna Williamson ...

Breaking Mad: The Insider's Guide to Conquering Anxiety. From Sunday Morning, 10:04 am on 8 March 2020. BAFTA award-winning children's TV presenter Anna Williamson looked to have it at all at the age of 25, but anxiety began to plague her. When she had a breakdown, her dream life and career looked threatened. She shares her story and the tools and tricks she used to get through the situation, in her new book, Breaking Mad: The Insider's Guide to Conquering Anxiety.

Breaking Mad: The Insider's Guide to Conquering Anxiety | RNZ

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