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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.

Breaking Mad: The Insider's Guide to Conquering Anxiety ...

Breaking Mad: The Insider's Guide to Conquering Anxiety. Breaking Mad is a therapist in your pocket--no mumbo jumbo or expensive one-on-one sessions here--instead this is a friendly guide to help you through the worst times--written by someone who has been there and got the t-shirt, and now works as

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Breaking Mad: The Insider's Guide to Conquering Anxiety ...

Hi folks – well what a busy few months it's been! Not only have I given birth to my wonderful little boy, Vincenzo George, I have also managed to produce another 'baby'my first book 'Breaking Mad: The Insiders Guide to ... Continue reading »

Anna Williamson | Official Website

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Breaking Mum and Dad is a guide of empathy, sympathy and above all, hope. Packed with helpful advice, shared stories and practical guidance, alongside thoughts from clinical psychologist Dr Reetta Newell, this is a must-read therapist in your pocket. Read it at 2am when you're struggling with never ending night feeds, at 6am when you've already watched the same cartoon for the twentieth time, or at 10pm when you just long for sleep or a few minutes or seconds to yourself.

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