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Power surge live! interview #4 with bronwyn fox, anxiety/panic expert

Bronwyn co-founded PADA, Australia's Panic Anxiety Disorder Association. say in Power Over Panic, "Healthy self-esteem and anxiety disorders are mutually Bronwyn Fox: Cognitive Behavioural Therapy = CBT which will be my short hand version. . I fear other things now, and I know they are all anxiety/panic related.

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