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Understanding How Your Brain Makes You Anxious
And What You Can Do To Change It By Margaret
Wehrenberg**

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Margaret Wehrenberg, Psy.D., is the author of 5 books: The Anxious Brain, The 10 Best Ever Anxiety Management Techniques and the accompanying workbook, The 10 Best

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Margaret Wehrenberg's My work is focused on finding the strategies that can help people control or eliminate symptoms of anxiety and depression and to

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