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May 1st, 2020 - The Chinese believe that before you can conquer a beast you must first make it beautiful This is the authors honest and vibrant account of her struggle with anxiety and what she has done to cope or manage it throughout her life I consider it part memoir and part self help book' '**Why I Stopped Trying to Fix My Anxiety**

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'Making the beast beautiful What if your anxiety could

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'first we make the beast beautiful A New Story About

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May 1st, 2020 - Sarah Wilson is author of the New York Times bestsellers First We Make the Beast Beautiful and I Quit Sugar She is the founder of IQuitSugar an 8 week program that has been pleted by 1 5 million people in 133 countries'

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April 27th, 2020 - First We Make the Beast Beautiful charts Wilson s epic journey to make peace with her lifetime panion and to learn to see it as a guide rather than as an enemy With intensive focus and investigatory skills Wilson examines the triggers and treatments the fashions and fads''

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