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# NO WORRIES: SPIRITUAL AND MENTAL HEALTH COUNSELING FOR ANXIETY



ELAINE LEONG ENG, MD

Healthy Life Press. Paperback. Condition: New. 196 pages. Dimensions: 8.4 in. x 5.5 in. x 0.7 in. This is a unique, practical, and helpful book about anxiety and how faith can help. Written by a practicing Christian psychiatrist, it draws upon her many years of experience helping people with mental conditions including phobias of various kinds, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), premenstrual dysphoric disorder (PMDD), and other issues including domestic abuse, which she affirms does sometimes even happen among churchgoing believers....

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- Authored by Elaine Leong Eng
- Released at -



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#### Reviews

This is the very best publication we have read through right up until now. It is one of the most incredible book we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Miss Celia Volkman

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- Michale Shields

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