



# **Reflections: An ANXIETY, FEARS, PHOBIAS, and PTSD RECOVERY WORKBOOK (Volume 2)**

*Joshua B. Seth*

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This book is the second in the Reflection's series with the first; a recovery workbook for anorexia and bulimia. This book is for anyone who suffers from anxiety, fears, phobias, or Post-Traumatic Stress Disorder (PTSD). In this book, I talk about my own battles with anxiety, fears, phobias, and PTSD so that my readers can relate on a personal level.

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