

The Anxiety Solution A Quieter Mind A Calmer You

~~The Anxiety Solution: a quieter mind, a calmer you~~

~~How To Not Worry About Worrying | The Anxiety Solution ASMR Calmer YOU♥The Anxiety Solution (Book Review)~~

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I'm Chloe Brotheridge, hypnotherapist, coach and author of the bestselling *The Anxiety Solution* and *Brave New Girl*. I've written for *The Guardian*, *Daily Mail*, *Stylist*, *Marie Claire* online and *Cosmopolitan* (to name just a few), had over three-quarters of a million downloads on 'The Calmer You Podcast' and I've helped thousands of people all over the world with my books, courses and ...

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