



From Panic to Power

Lucinda Bassett

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Lucinda Bassett overcame crippling anxiety-panic disorder to create a highly successful *Attacking Anxiety* program. This audio is a combination of her personal story and her program. The tape contains techniques and skills that the program teaches, as well as case histories and testimonials from participants. This is an account of one woman's journey from fear, anxiety and panic to success, personal power and peace of mind, with direct, gritty, powerful advice on how anyone can change their life for the better.

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