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## Hello, Anxiety!

Talking About Mental Health

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Authors: Marco Coiffard (Text) - Mélanie Villette (Illustrations)

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A kind and helpful approach to managing anxiety.

Anxiety is a natural feeling that can affect anyone. But it can be crippling when it spins out of control. This book helps readers identify and understand this feeling, and learn how to live with it. An accessible book for discussing mental health, suited to all audiences.

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