



It's Okay To Have Anxiety..Really!: Roads To Travel and Bridges To Cross, Your Journey Starts Here!

Kristen L Baker

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It's Okay To Have Anxiety..Really is about my journey and debilitation with anxiety. A confident, happy person, stricken with anxiety and panic out of nowhere, the title is true, it is okay to have anxiety, but through this book, I want to show you how you get out of or never get to the point that it is not okay. Everyone has anxiety in there life at some time, it is my goal to help you through and get you back to freedom.

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