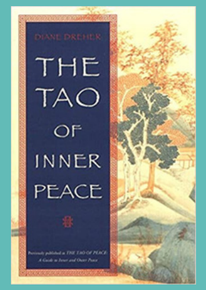
HOW TO HANDLE ANXIETY MINI-COURSE

alanhills
counselling | coaching | development

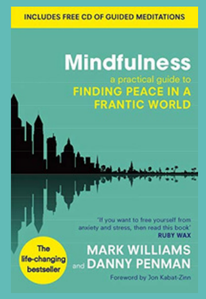
RESOURCES - BOOKS

[SELF-HELP FOR YOUR NERVES:]

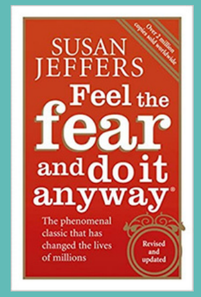


[THE TAO OF INNER PEACE]

[HOMECOMING]



[MINDFULNESS- A PRACTICAL GUIDE]



[FEEL THE FEAR AND DO IT ANYWAY]