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**April 28th, 2020 - The Anxiety Solution A Quieter Mind A Calmer You by Chloe Brotheridge The Anxiety Solution is your roadmap to a calmer happier and more confident you AUTHOR Chloe Brotheridge is a clinical hypnotherapist and nutritionist who specialises in helping people who suffer from anxiety'**

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**'Theres a New Mindfulness App Specifically for Those With**

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**'The Anxiety Solution A Quieter Mind a Calmer You Chloe**

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**'This is what it s really like to suffer from anxiety and**

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**'The Anxiety Solution by Chloe Brotheridge Waterstones**

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**Review The Anxiety Solution WordPress**

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**'Listen to Anxiety Solution A Quieter Mind A Calmer You**

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**'Calmer You fills in the gaps in meditation apps for**

**April 30th, 2020 - Calmer You was developed in collaboration with anxiety expert and author Chloe Brotheridge whose book ?*The Anxiety Solution A Quieter Mind a Calmer You*? contributes to the app?s name" *The Anxiety Solution by Chloe Brotheridge OverDrive***

*April 12th, 2020 - This is a book for anyone experiencing anxiety guiding you through simple ways to ease panic dread and fear in the uncertainty of modern life *The Anxiety Solution* is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist and host of *The Calmer You* podcast Chloe Brotheridge'*

**'Book Review *The Anxiety Solution A Quieter Mind A***

*April 25th, 2020 - *The Anxiety Solution A Quieter Mind A Calmer You* by Chloe Brotheridge is definitely one of the most aesthetically pleasing out there and I have to admit that its pastel coloured cover is initially what attracted me to this book The colours are calming and fortifying'*

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