

Liberese Del Panico/letting It Go

recognise self-limiting beliefs

improve our self-esteem

change our negative attitudes

benefit from fortuitous coincidences in our lives

improve our intimate relationships and ourselves

learn to love and forgive others, and ourselves

As a survivor of Panic Disorder, Bev Aisbett had a lot to live with. But she overcame IT and has shared with us the secrets of her success in two previous books, *Living with IT* and *Living IT Up*.

In this new book, Bev Aisbett shows us how we can use the strategies learned in her journey of selfdiscovery to achieve change and growth in our lives. Now Bev Aisbett has a lot to live for. And we can too!

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