

**A LIFE LESS ANXIOUS - FREEDOM FROM PANIC  
ATTACKS AND SOCIAL ANXIETY WITHOUT DRUGS OR  
THERAPY**

**Joanne Laski**

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Steve now helps others through their struggles with his book, "A Life Less Anxious: Freedom from panic attacks and social anxiety without drugs or therapy" .

A Life Less Anxious: Freedom from Panic Attacks and Social Anxiety Without Drugs or Therapy Do you depend on antidepressants, alcohol, or other medications to calm you down or help you sleep? If so, you're not alone.

### **Biography of Steve Pavilanis**

A Life Less Anxious: Freedom from panic attacks and social anxiety without drugs or therapy [Steve Pavilanis, Patricia Alma Lee] on emavapoz.cf \*FREE\*.

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