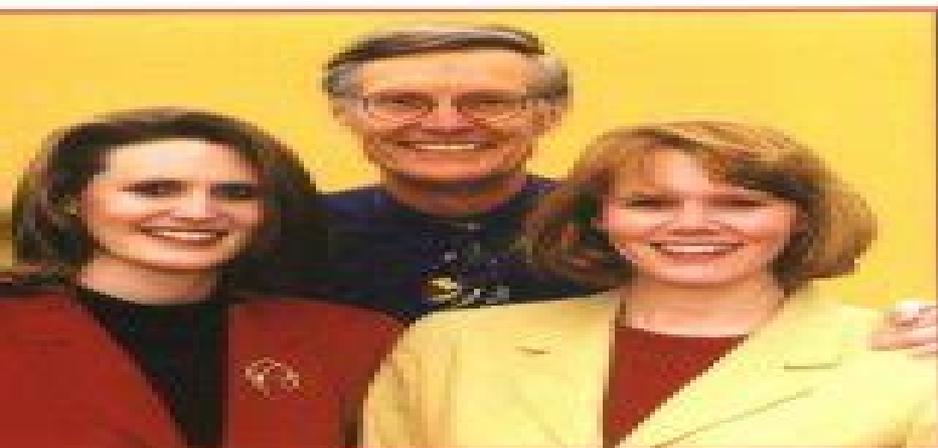


**How to Stop Worrying  
and Get Back into Life**

# The Anxiety Cure



*An  
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Program for  
Getting Well*

**Robert L. DuPont, M.D.**

*Founding president of the Anxiety Disorders Association of America*

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**Caroline M. DuPont, M.D.**

# Anxiety Cure An Eight Step Program For Getting Well

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