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Must Try Harder - Adventures In Anxiety - Paula Must Try ...

'Must Try Harder: Adventures in Anxiety' is available in shops now! Media. Paula is a regular contributor (and occasional presenter) on BBC Radio Scotland and Radio 4, has appeared on local and national television broadcasts, and hosted her own weekly radio show. Click below to find out more.

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Must try harder - adventures in anxiety is a must read for people who have anxiety or have anxiety lingering in the background of their life. It's not a miracle solution and Paula doesn't promise to 'cure' you of your anxiety. What she does do is tell her story with brutal honesty and humour. P

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