



Hardcore Self Help: F**k Anxiety (Volume 1)

Robert Duff Ph.D.

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Hardcore Self Help: F**k Anxiety is for those of us that find the prospect of reading a traditional self help book to be way too boring. How are you supposed to make positive change in your life if the book itself feels like a chore? This book is definitely not a chore. In Hardcore Self Help: F**k Anxiety, I talk to you like a friend. There is lots of swearing and humor and also loads of helpful and actionable information. You learn about anxiety and how to find the weapons within yourself to slay it for good.

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