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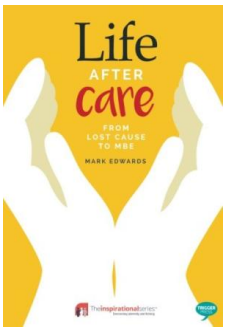

Trigger Press, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Trigger Press are proud to announce Theinspirationalseries, partner to their innovative Pullingthetrigger range. Theinspirationalseries promotes the idea that mental illness should be talked about freely and without fear. Find out more at In this book, we follow Mark s journey with anxiety, panic attacks and depression, and we learn about the enduring impact his childhood had on his mental health. His diary entries bring to life...

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- Authored by Mark Edwards
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