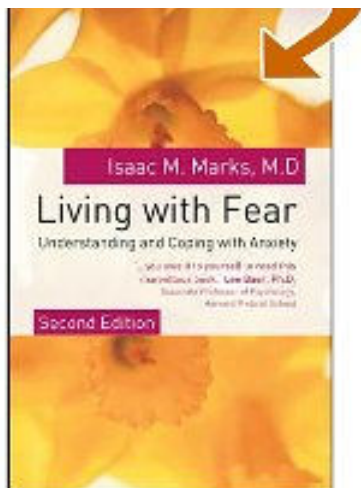


# Binscombe Medical Centre

## Book Recommendation



- **Living with Fear**
- **Isaac Marks**
- **Paperback:** 300 pages
- **Publisher:** McGraw Hill Higher Education (1 Feb 2005)
- **Language** English
- **ISBN-10:** 0077109821
- **ISBN-13:** 978-0077109820

*"This book is really easy to read. It is jam packed with facts about fear and our reactions to it. There is no fluff and frills here, a down to earth approach, in layman's terms, makes this book a must for anyone living with fear." (Review posted on Amazon)*

A very practical book for people suffering from anxiety or panic attacks. It is recommended by our local psychiatrist in Godalming.