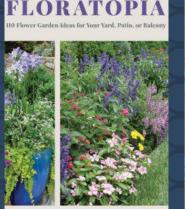
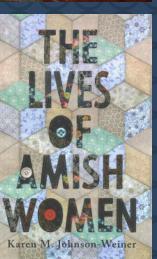
Nonfiction & Biographies

Spring 2021





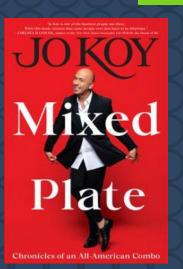
IAN IOHNSEN

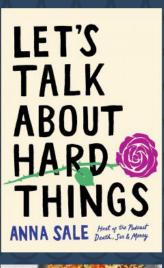


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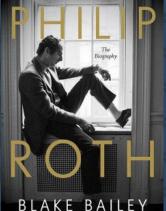


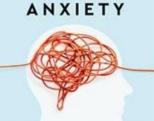


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UNWINDING

New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind

JUDSON BREWER, MD, PhD

