



# Journey Out of Agoraphobia with Charles Linden

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## **Journey Out of Agoraphobia with Charles Linden** Charles Linden

A programme to shortcut complete elimination of agoraphobia by international anxiety elimination expert Charles Linden, author of The Linden Method and many other acclaimed titles. In this programme, Charles guides you through his own journey to recovery, each day sharing his realisations about his agoraphobia as he overcomes the anxiety which creates it. These real recordings of Charles' journey are supportive and inspirational and guide sufferers through a logical and structured programme. Follow Charles' lead as he walks you through the process he and thousands of ex sufferers have followed, in order to eliminate agoraphobia.

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