

A GUIDED WORKBOOK AND JOURNAL WITH PROMPTS TO CALM
ANXIETY, RELIEVE STRESS, AND PRACTICE DAILY SELF-CARE

THE 12-WEEK *Anxiety* *Relief*

**WORKBOOK
& JOURNAL**

ROMA SHARMA

Doorbuster Anxiety Relief This Week

Carol Marinelli



Doorbuster Anxiety Relief This Week:

Washed Away Carol Marinelli, 2010-02-01 A hurricane is heading straight for the tiny coastal town of Turning Point Texas Four volunteers from Courage Bay Emergency Services rush to the town s aid Their lives will never be the same again Trauma nurse Cheryl Tierney s vehicle plunges into a river during torrential rains and local veterinarian Noah Arkin comes to her rescue taking her to his home until she regains consciousness But Cheryl awakes with no memory Her only clear thought is that for the first time she belongs Here in Noah s arms Now Cheryl isn t sure she wants to remember a time before Noah if it means living her life without him

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