



# Coping With My Disorders: Agoraphobia, Depression, PTSD, Codependency

*Brittany Gunderson*

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*Brittany Gunderson*

## **Coping With My Disorders: Agoraphobia, Depression, PTSD, Codependency** Brittany Gunderson

In this book, you will see how I cope with my mental disorders, how I improved them, and what's next for me. This book is designed to inspire you and help you with your disorders, also. I hope you learn how to be better, happier, and healthier with your disorders, as I have. Through the techniques and advice, you will be able to improve in many areas.

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