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Andrew Wilkinson**

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Kevin Meares is the author of Overcoming Worry (3.82 avg rating, 11 ratings, 0 reviews, published 2008), CBT for Worry and Generalised Anxiety Disorder (

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Anxiety Disorder. Together with Dr Andrew Wilkinson and Professor Mark Freeston, he co-authored CBT for Worry and Generalised Anxiety Disorder CBT for GAD. Dr

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