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Overcoming Paranoid And Suspicious Thoughts (ISBN 9781472135940) is the definitive practical guide on how to overcome paranoia.

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So if you're worried about other people, you're certainly not alone: around a third of the population regularly has suspicious or paranoid thoughts. In fact, paranoia may be almost as common as depression or anxiety. And just like anxiety and depression there is a spectrum of severity of paranoia in the general population.

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