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The
Linden
Method**

Jemma Kidd, business woman, aristocrat and sister to Supermodel Jodie Kidd, tells her amazing story of Anxiety Recovery in *The Daily Mail Newspaper's YOU Magazine*

Daily Mail YOU
**'My heart would race,
and I was overcome
by anxiety and nausea'**

To the outside world, make-up artist and YOU columnist Jemma Kidd has it all: a glamorous career, an aristocratic marriage and adorable young twins. But, as she tells Catherine O'Brien, for years she suffered in secret from an overwhelming



AS SEEN ON TV Jemma Kidd talks about her recovery using The Linden Method on ITV

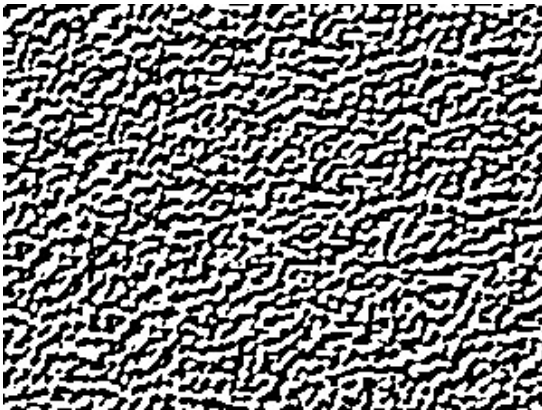


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