

[PDF] The Anxiety And Phobia Workbook

Edmund J. Bourne - pdf download free book

Books Details:

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Description:

Review

☐[Five stars]...this is a concise, practical, and comprehensive directory on how to reduce anxiety. A highly regarded and widely known resource."

☐*Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition*

"A great resource for a holistic approach."

—Reid Wilson, author of *Don't Panic*

□Extremely well done.”

□Christopher McCullough, author of *Managing Your Anxiety*

“Any who've struggled with panic attacks and fears will find this packed with self-help exercises and guidelines to overcoming anxiety and stress, from understanding how to assert oneself to creating a positive recovery strategy.”

—*Midwest Book Review*

“This workbook offers a practical and comprehensive guide to anyone struggling to cope with the many-faceted manifestations of panic and anxiety.”

—*Child & Behavior Therapy*

About the Author Edmund J. Bourne, PhD, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped over a million people and have been translated into numerous languages. He currently resides in California and southern Florida.

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