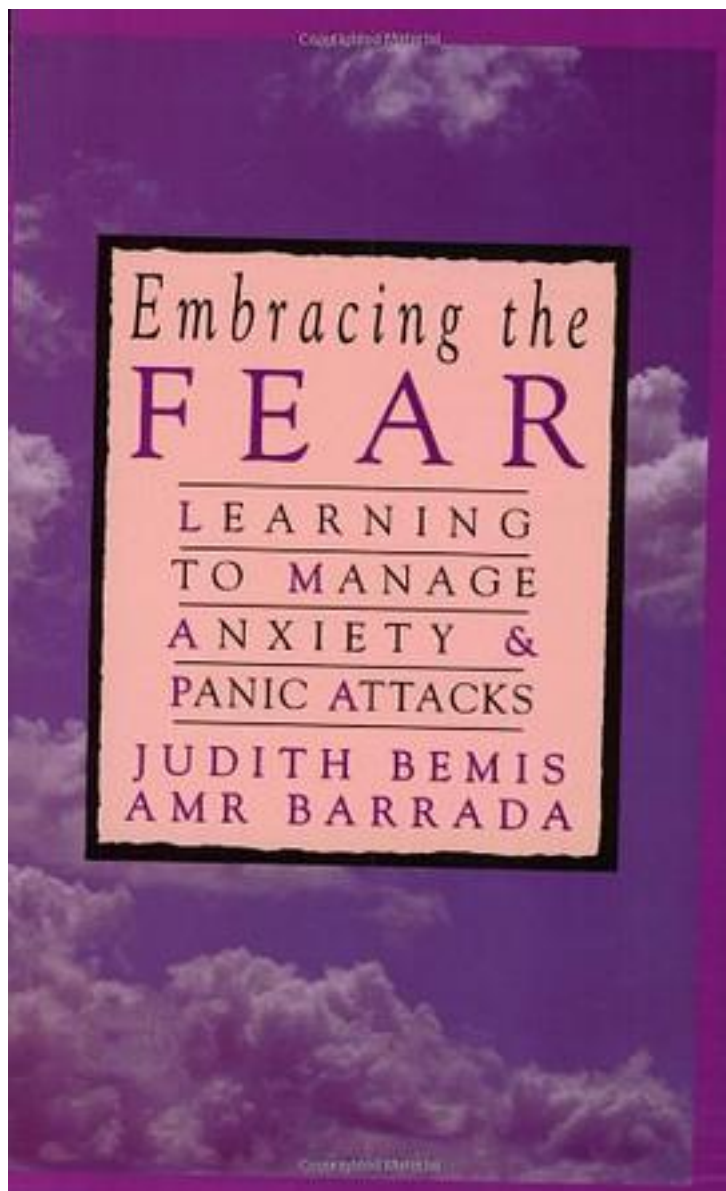


Embracing the Fear



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A compassionate look into managing anxiety disorders, simple phobias, panic disorders, and agoraphobia, "Embracing the Fear" offers effective techniques in visualization, meditation, and inner-dialogue. The book and audiocassette (sold separately) help us accept and change panic and avoidance responses, and assist us in identifying anxiety triggers.

作者介绍:

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