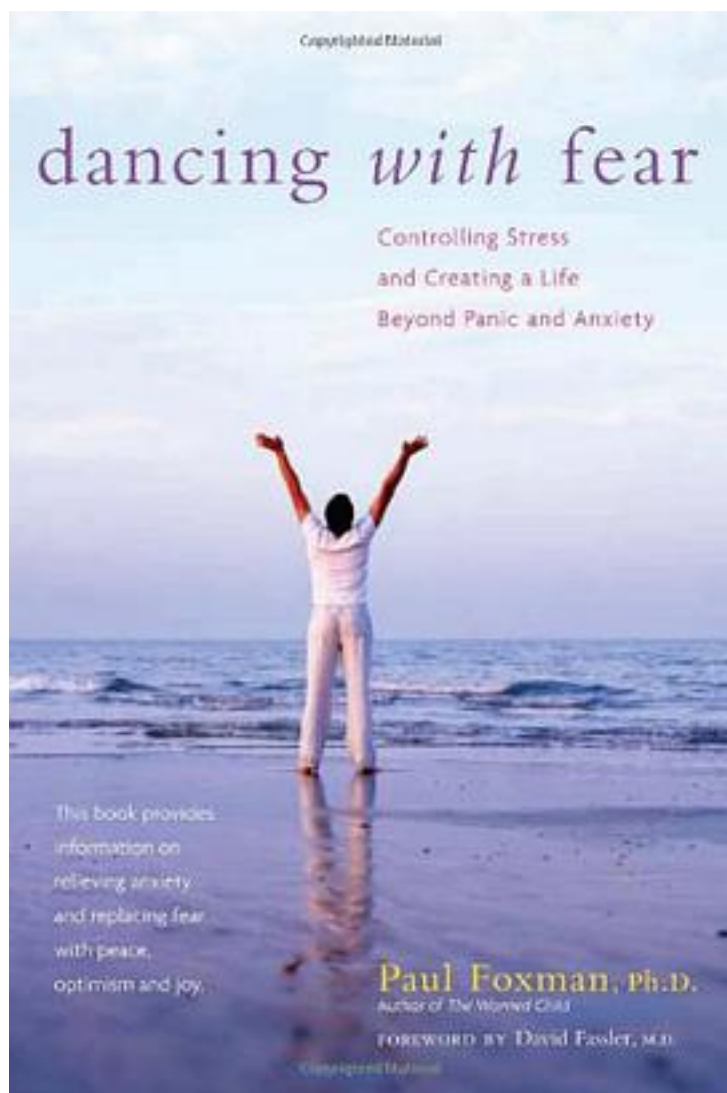


Dancing with Fear



[Dancing with Fear_ 下载链接1](#)

著者:Ph.D. Paul Foxman Ph.D.

出版者:Hunter House

出版时间:2006-12-18

装帧:Paperback

isbn:9780897934763

Based on the author’s years of experience with anxiety, both personally and professionally as a seasoned psychologist, Dancing with Fear uses a recovery approach to treating a widespread problem. Dr. Foxman explains anxiety’s complex origins and shows how it is largely a learned reaction to stress overload in sensitive people. He offers an array of self-help strategies for combating panic attacks, phobias, avoidant behavior, worrying, unwanted obsessions, and body symptoms such as racing heart, sweating, nausea, and weakness. With 20 percent new material in this edition, Dancing with Fear shows how to replace anxiety with peace, optimism, and joy.

作者介绍:

目录:

[Dancing with Fear_ 下载链接1](#)

标签

评论

[Dancing with Fear_ 下载链接1](#)

书评

[Dancing with Fear_ 下载链接1](#)