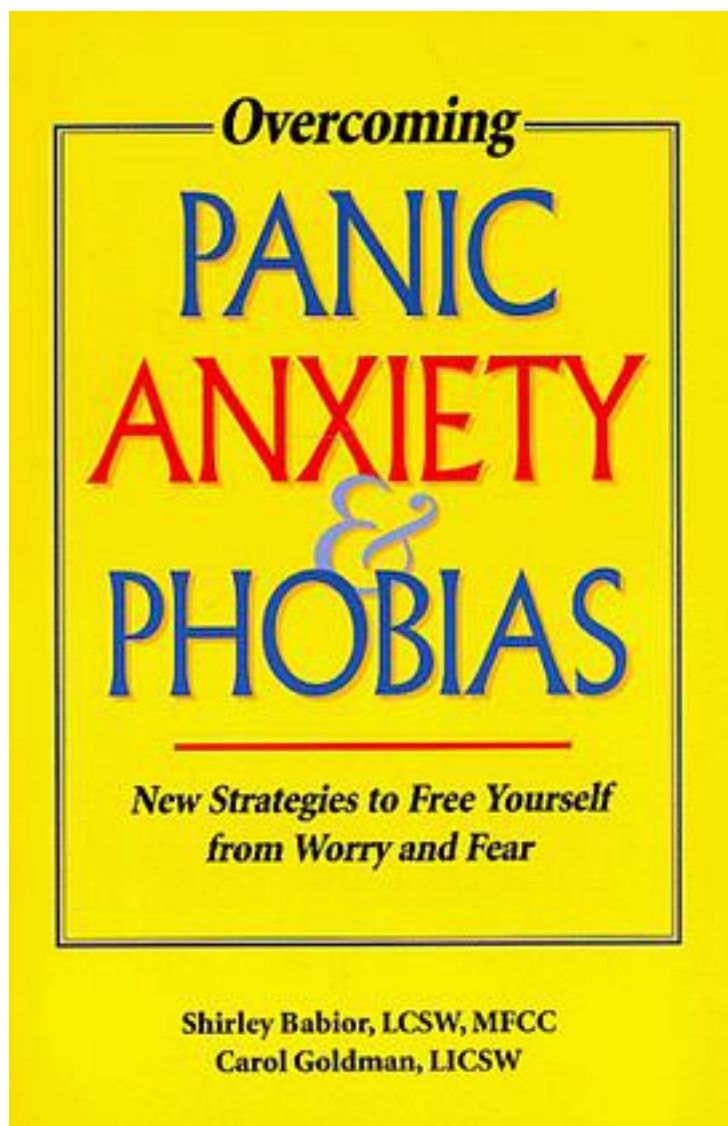


Overcoming Panic, Anxiety and Phobias



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This practical handbook, recommended by experts in the field of anxiety disorders for people whose lives are upset by worry, fear, or panic, offers coping strategies based on the latest clinical research. Personal stories of recovery, worksheets for recording symptoms and progress, and information on finding professional help make this book a must-read for anxiety sufferers who want to regain control of their life.

作者介绍:

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