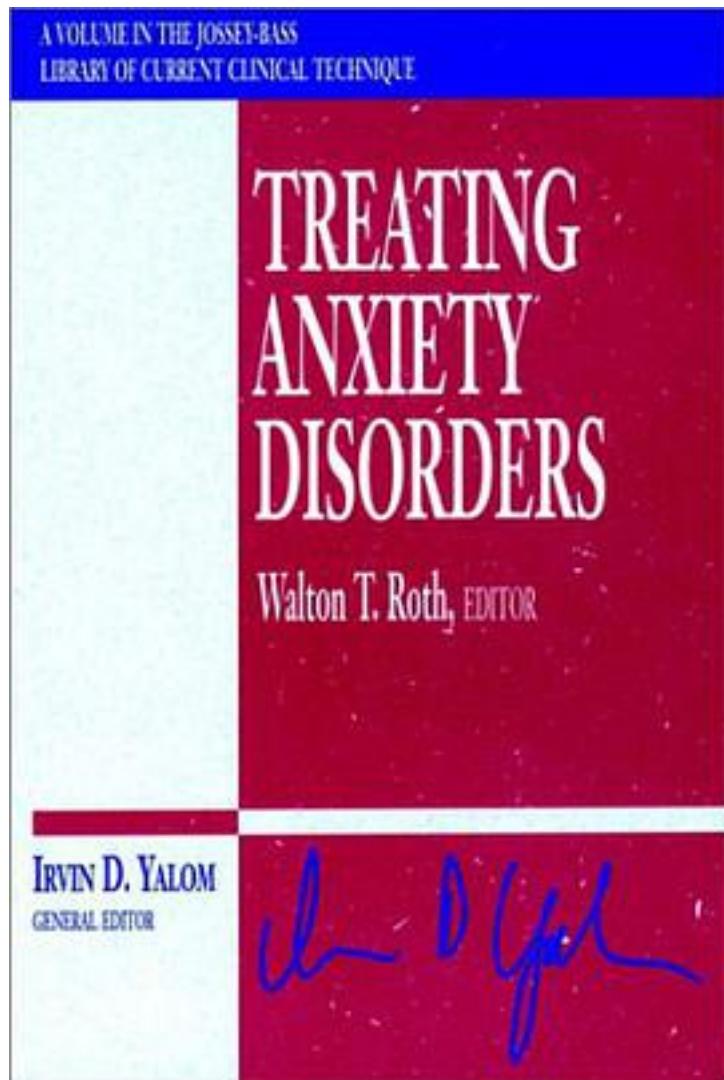


# Treating Anxiety Disorders (Jossey-Bass Library of Current Clinical Technique)



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A Volume in the Jossey-Bass Library of Current Clinical Technique This book is thorough and comprehensive and brings together a wealth of up-to-date and practical treatment information of tremendous value to the clinician. - C. Barr Taylor, M.D., professor of psychiatry, Stanford University School of Medicine Offers an illuminating picture of the psychological problems related to anxiety. It outlines effective interventions for problems such as panic attacks, agoraphobia, and social phobias. Also described are specific techniques, including exposure therapy, cognitive behavioral therapy, relaxation, psychodynamic, and psychotherapy.

作者介绍:

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