

Overcoming Anxiety



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The classic Cognitive Behavioral Therapy guide to managing anxiety. The accessible and straightforward books in the Overcoming Series treat disorders by changing unhelpful patterns of behavior and thought. Cognitive Behavioral Therapy (CBT) is internationally favored as a practical means of overcoming longstanding and disabling conditions, both psychological and physical. The books in the series outline affordable and easy-to-follow treatment plans, and have provided tens of thousands of readers with the help they need to lead happier lives. This positive, pragmatic approach is popular with therapists and patients alike.

作者介绍:

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