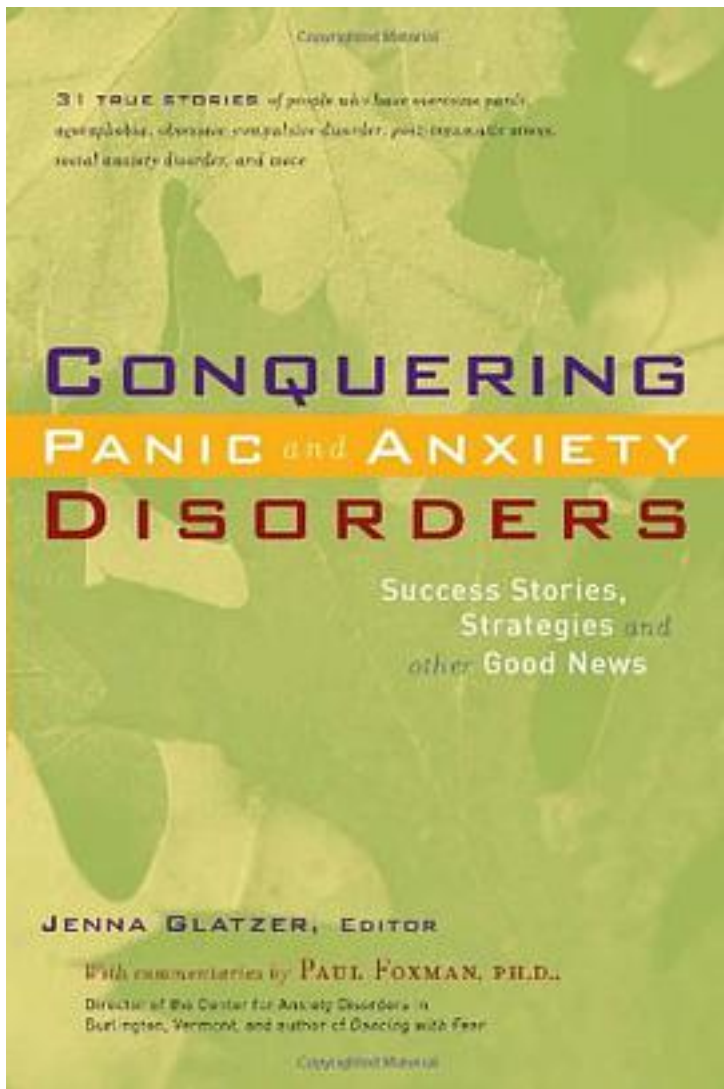


Conquering Panic and Anxiety Disorders



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出版者:

出版时间:2002-10

装帧:

isbn:9780897933810

Anxiety disorders are the most common mental health problem in America, affecting one in every nine people. Conquering Panic and Anxiety Disorders brings us triumphant tales by those who have overcome them. Men and women of diverse ages and backgrounds share their individual experiences battling anxiety. Offering hope and inspiration, their essays discuss methods for recovery and techniques to manage symptoms. Each account is followed by a therapist's explanation of the recovery techniques used and how others can apply these techniques to their lives.

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