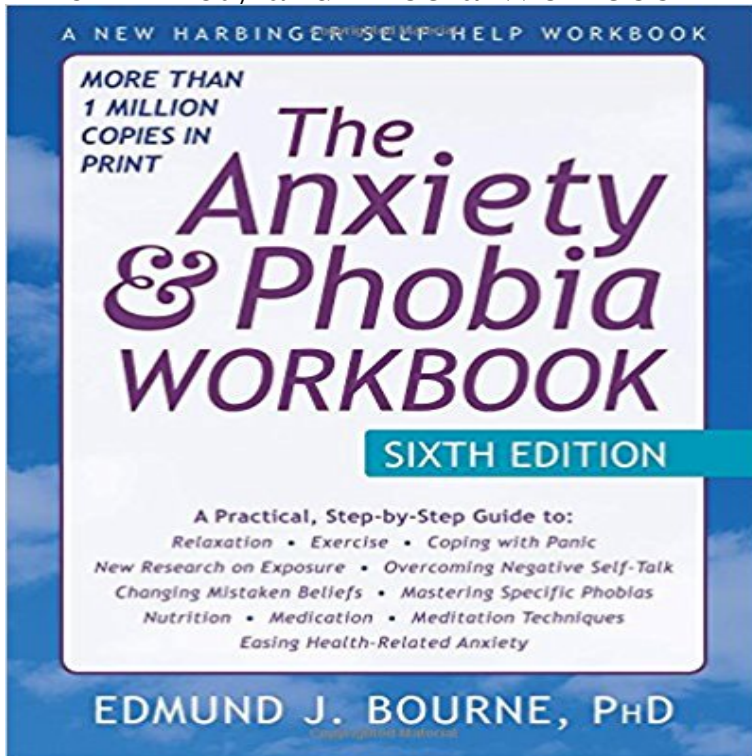


The Anxiety and Phobia Workbook



Now in its sixth edition and recommended by therapists worldwide, *The Anxiety and Phobia Workbook* has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You'll develop a full arsenal of skills for quieting fears and taking charge of your anxious thoughts, including: Relaxation and breathing techniques Ending negative self-talk and mistaken beliefs Imagery and real-life desensitization Lifestyle, nutrition, and exercise changes

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yourself, or are a professional working with this population, this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life. This workbook can be used on its own or as a supplement to therapy.

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