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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

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The Generalized Anxiety Disorder Workbook offers a powerful, comprehensive new approach to treating generalized anxiety disorder (GAD). If you have GAD, you may experience excessive and uncontrollable worry about daily life events, including your finances, family, health, future, and even minor concerns like traffic, work, or household issues.

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situation. There is this thing that sucks, and you're not going to magically make it go away. You have to deal with it, engage it, wrestle with it a bit and become stronger in the face of it. I get hundreds of emails

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The 10 Best Books For Social Anxiety

Intimate Connections is a book meant for people struggling with shyness or loneliness. It contains stories of many of Dr. Burns' own patients who had trouble making friends or finding a significant other. The author shares his own story of approaching women in the local park for an entire summer and

12 Books for Kids and Teens about Stress and Anxiety ...

FOR TEENS. *Stress 101* – A great book for explaining what stress is, the difference between good stress and bad stress, and symptoms you may get when you are stressed, plus ideas for what to do.

Reading PDF Books | Anxiety Canada

Their recent self-help book, *Overcoming Fear of Fear*, is a must-read for both professionals and those with anxiety-related problems. Future articles will describe how other personality factors, genetic factors, and learning experiences can influence whether we develop anxiety-related problems. [Click](#)

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