

## MASTERY OF YOUR ANXIETY AND PANIC%0A

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[Mastery of Your Anxiety and Panic, Workbook for Primary Care Settings](#) outlines a time-limited treatment for dealing with panic disorder and agoraphobia. If you primarily seek treatment from your family doctor, this workbook will be useful. Based on the principles of cognitive-behavioral therapy (CBT), the program described can be delivered by your general practitioner or

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