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In this sixth edition of The Anxiety and Phobia Workbook, Edmund J. Bourne has refined and expanded on his thoughtful holistic message to those who struggle with anxiety. There are many things you can do to relieve your suffering in order to live a fuller and more meaningful life. I highly recommend this classic resource to anyone suffering with anxiety or a phobia."

The Anxiety and Phobia Workbook: 6th Edition: Bourne PhD ...

While a bit dated (the fourth edition was last published in 2005, but the original book was published in 1990), The Anxiety and Phobia Workbook remains a helpful and practical guide to working on issues of anxiety and phobias, for anyone who's ready to take their treatment to the next level. It provides step-by-step exercises, helping you learn about relaxation, exposure techniques ...

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