



Manage Anxiety Through CBT: A Teach Yourself Guide

Windy Dryden

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Manage Anxiety Through CBT: A Teach Yourself Guide Windy Dryden

Learn how to manage anything from phobias to panic attacks and general anxiety disorder

Using the proven techniques of cognitive behavioral therapy, *Manage Anxiety Through CBT* shows how to manage anxiety in whatever form it appears.

This book provides support for dealing with each major form of anxiety disorder, using CBT to manage symptoms, and using exercises and questionnaires to help achieve these goals. It teaches you how to be more resilient and accepting of all your thoughts, fears and emotions, and discover new, healthier ways of thinking.

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