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Mastery of Your Anxiety and Panic: Workbook - David H ...

Mastery of Your Anxiety and Worry: Therapist Guide This Therapist Guide is designed to be used in conjunction with the accompanying Workbook, and is for practising mental health professionals who treat adult clients diagnosed with Generalised Anxiety Disorder and/or excessive worry.

Mastery of Your Anxiety and Worry: Therapist Guide ...

Clear, very thorough, and practical. The therapist's guide provides the most detailed and yet easy to read explanations of such topics as hyperventilation, hypoglycemia, the adrenalin response and many other topics and how they contribute to anxiety and panic; and equally important, how to correct their effects.