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# Anxiety, Panic, Stress & Fear

## 2.6

Title: **Living With Fear**

Author(s): **Marks**

Publisher: **McGraw Hill**

Year: **2005**

ISBN: **0077109821**

Anxiety, Panic,  
Stress & Fear 2.6

A guide to anxiety, phobia, trauma and obsessive compulsive disorder. Drawing on accounts from people who have experienced various types of anxiety, this book gives a good insight into the symptoms and treatments, both physical and psychological.

It also contains a step-by-step self-help section for those who would like to overcome their anxiety by themselves.

Clear and full of good information, but feels a bit like a textbook.

(199 pages)

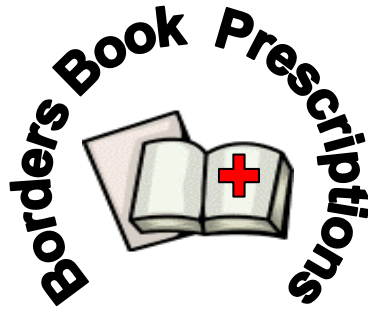
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