

Date:

Anxiety, Panic, Stress & Fear

2.1

Title: **Overcoming Anxiety**

Author(s): **Kennerly**

Publisher: **Robinson**

Year: **1997**

ISBN: **1854874225**

Anxiety, Panic,
Stress & Fear 2.1

- Uses cognitive behavioural techniques to give the reader better coping skills to manage anxiety and stress
- Gives an introduction to worry, fear and anxiety
- Covers various forms of anxiety, from phobias, panic, obsessive compulsive disorder to post-traumatic stress disorder
- Offers ways in which these anxieties can be managed, by using more helpful patterns of thought and behaviour
- Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide

(170 pages)

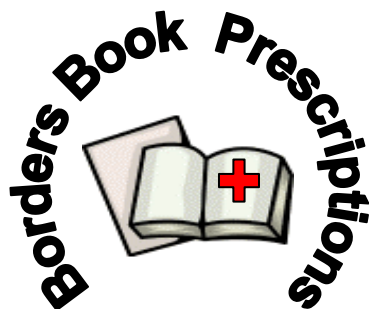
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