



Book Order

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

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Facing Panic: Self-Help for People With Panic Attacks

R. Reid Wilson, PhD (ADAA, 2003)

Learn seven self-help steps to break the cycle of panic and regain control of your life.

The book includes techniques and exercises to manage and overcome panic attacks and panic disorder.

Download the charts in this book to help you practice and track the skills you learn to overcome your panic.

Triumph Over Shyness: Conquering Social Anxiety Disorder

(Second Edition), by Murray B. Stein, MD, MPH, and John R. Walker, PhD

(ADAA, 2009)

Longtime experts in treating anxiety and related disorders, the authors write with humor and warmth.

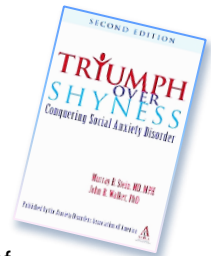
Based on their clinical experiences, they illustrate how to overcome social anxiety disorder by making

important lifestyle changes, offering practical strategies, touching stories, and helpful examples. They

include balanced information about psychological treatments, medications, and self-help approaches

such as practical tips and helpful techniques to help manage anxious thoughts and physical symptoms of

social anxiety disorder.



Facing Panic	\$15.00	x	= \$
Triumph Over Shyness	\$15.00	x	= \$
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