

The Worry Workbook

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- Written by a team of experts in the treatment of post traumatic stress disorder PTSD this workbook offers powerful symptom specific skills from a variety of empirically supported cognitive behavioral therapy CBT treatments including acceptance and commitment therapy ACT dialectical behavior therapy DBT and "for the first time

The Anxiety and Phobia Workbook by Edmund Bourne

- Now in its sixth edition and recommended by therapists worldwide The Anxiety and Phobia Workbook has been the unparalleled essential resource for people struggling with anxiety and phobias for almost thirty years

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