Self-Help Books:


>A popular self-help resource that provides a wide variety of sensible, straightforward, and effective stress reduction strategies that can be incorporated into even the busiest lives.


>A practical and comprehensive guide offering help to anyone struggling with anxiety disorders that includes step-by-step guidelines, questionnaires, and exercises that help you learn skills and make lifestyle changes to achieve full and lasting recovery.


>This newly revised and expanded edition offers a straightforward and remarkably effective self-help program for overcoming panic and coping with anxious fears using empirically-supported treatment strategies.