

Self-Help Books:

1. Martha Davis, Elizabeth R. Eshelman and Matthew McKay (2000), ***The Relaxation and Stress Reduction Workbook (5th Edition)***.

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.

2. Edmund J. Bourne (2005), ***The Anxiety and Phobia Workbook (4th Edition)***.

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.

3. R. Reid Wilson (2009), ***Don't Panic: Taking Control of Anxiety Attacks (3rd Edition)***

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.