



## Anxiety, Phobias, and Panic

By Reneau Z. Peurifoy

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1.1in. DESCRIPTION: In this classic guide--newly revised and updated--expert Reneau Peurifoy shows readers how to understand and overcome all types of anxiety-related disorders. Anxiety is an unpleasant, though mostly unavoidable, aspect of modern life--but for many, normal anxiety can become something far more serious and debilitating. Now, in this updated and revised edition of ANXIETY, PHOBIAS and PANIC, readers will learn how their condition developed and how to overcome their anxiety-related problems. Areas covered include: uncovering the causes of anxiety building stress tolerance identifying and correcting harmful modes of thinking relaxation techniques tools for managing anxiety and much more. Plus, this revised edition includes new discoveries about the brain, new information about OCD and social phobias, and a section on relapse prevention. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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