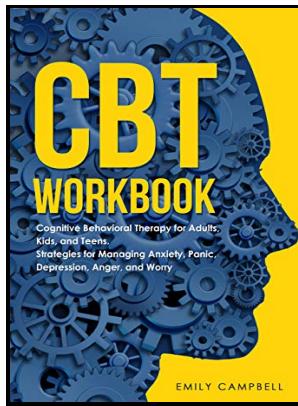


Mastery of your anxiety and panic - therapist guide for anxiety, panic, and agoraphobia

Psychological Corp. - Mastery of your anxiety and panic : therapist guide for anxiety, panic, and agoraphobia (Book, 2000) [vip.stumagz.com]

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- nr 165.
- Studia i monografie (Wysza Szkoła Pedagogiczna im. Powstańców Śląskich w Opolu) ;
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- Studia i monografie,
- Serie América Latina (Mendoza, Argentina) -- no. 12.
- Serie América Latina -- no. 12
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- Notes: Includes bibliographical references (p. 189-198)
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Mastery of Your Anxiety and Panic: Workbook

Anxiety and Panic Session 3: Why Doesn't It Go Away; 8.

Mastery of Your Anxiety and Panic: Therapist Guide (Treatments That Work) eBook: Craske, Michelle G., Barlow, David H.: vip.stumagz.com.au: Kindle Store

A modified version of the more intensive 12-session program that currently exists, this treatment represents an introduction of the skills and techniques for overcoming panic disorder that patients can easily learn and continue on their own. To continue shopping at Indigo.

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