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About the Author. He is author of Don't Panic: Taking Control of Anxiety Attacks (Harper) and Facing Panic: Self-Help for People with Panic Attacks (ADAA), is co-author, with Dr. Edna Foa, of Stop Obsessing! How to Overcome Your Obsessions and Compulsions (Bantam), is co-author, with Lynn Lyons, LICSW, of Anxious Kids,...

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