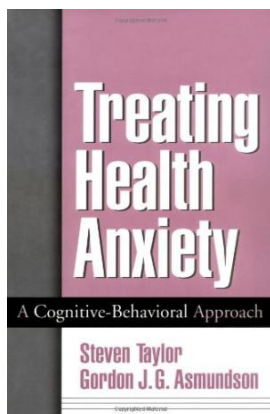


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## TREATING HEALTH ANXIETY: A COGNITIVE-BEHAVIORAL APPROACH



Guilford Publications. Hardback. Book Condition: new. BRAND NEW, Treating Health Anxiety: A Cognitive-Behavioral Approach, Steven Taylor, Gordon J. G. Asmundson, Grounded in current theory and treatment research, this highly practical book presents a comprehensive framework for assessing and treating health anxiety, including full-blown and milder (subclinical) forms of hypochondriasis. The current state of knowledge about these prevalent and costly problems is reviewed, and assessment methods and empirically supported treatments described. Clear, step-by-step recommendations are provided for engaging patients or clients,...

**Read PDF Treating Health Anxiety: A Cognitive-Behavioral Approach**

- Authored by Steven Taylor, Gordon J. G. Asmundson
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