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That's why anxiety expert Jennifer Abel, PhD, has compiled an interactive workbook that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of practical, proven worksheets, self-monitoring forms, exercises and scripts for you to start changing your habits, and start changing your life.

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The Anxiety and Worry Workbook: The Cognitive Behavioral ...

Overview. It ' s hard to fight back against anxiety, worry and depression ... and it ' s even harder to face and overcome those fears by yourself. That ' s why anxiety expert Jennifer Abel, PhD, has compiled an interactive workbook that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of practical, proven worksheets, self-monitoring forms, exercises and scripts for you to start changing your habits ...

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Coping with Anxiety Introduction Coping with Anxiety workbook

Abstract. Written by renowned therapists, this Workbook includes all the information patients need to learn the appropriate skills to combat anxiety and worry. For use in conjunction with supervised therapy, this online guide helps patients become an active participant in treatment. It includes user-friendly devices to help overcome excessive worry, such as self-assessment quizzes, homework exercises, and case studies of individuals experiencing the same issues.

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