

Mastery of Your Anxiety and Panic: Workbook (Treatments That Work)

By David H. Barlow, Michelle G. Craske

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Do you have rushes of fear accompanied by a pounding heart, trembling, dizziness, and feelings of unreality that make you think you're sick, dying, or losing your mind? Do these feelings interfere with your normal daily routine, or prevent you from doing things you would normally do? If you are prone to panic attacks and constantly worry about when the next attack may come, you may suffer from panic disorder and/or agoraphobia. Though panic disorder seems irrational and uncontrollable, it has been proven that a treatment like the one outlined in this book can help you take control of your life.

Now in its 4th edition, *Mastery of Your Anxiety and Panic, Workbook* has been updated to include strategies and techniques for dealing with both panic disorder and agoraphobia. The program outlined is based on the principles of cognitive-behavioral therapy (CBT) and is organized by skill, with each chapter building on the one before it. You will learn the importance of record-keeping and monitoring your progress, as well as breathing techniques and thinking skills. The main focus of treatment involves learning how to face agoraphobic situations and the scary physical symptoms of panic from an entirely new perspective. Self-assessment quizzes, homework exercises, and interactive forms allow you to become an active participant in your treatment. Over time, you will learn to manage your panic attacks, anxiety about panic, and avoidance of panic and agoraphobic situations.


This workbook is a one-of-a-kind resource that has been recommended for use by public health services around the world. It allows you to work alongside your therapist to personalize your treatment strategy and learn recovery skills that are useful for a lifetime.

TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

· All programs have been rigorously tested in clinical trials and are backed by years of research

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- Our books are reliable and effective and make it easy for you to provide your clients with the best care available
- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
- A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources
- Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
- A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources
- Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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Editorial Review

About the Author

Michelle G. Craske is Professor of Clinical Psychology and Director of the Anxiety Disorders Behavioral Research Program at UCLA.

David H. Barlow is Professor of Psychology and Director of the Center for Anxiety Disorders at Boston University in Boston, MA.

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Delores Nault:

As people who live in typically the modest era should be change about what going on or information even knowledge to make these people keep up with the era which can be always change and advance. Some of you maybe can update themselves by reading books. It is a good choice for you but the problems coming to you actually is you don't know which you should start with. This Mastery of Your Anxiety and Panic: Workbook (Treatments That Work) is our recommendation to help you keep up with the world. Why, as this book serves what you want and wish in this era.

Lawrence Elam:

A lot of people always spent their free time to vacation or maybe go to the outside with them household or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book Mastery of Your Anxiety and Panic: Workbook (Treatments That Work) it is quite good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy the particular e-book. You can m00re easily to read this book from the smart phone. The price is not too expensive but this book provides high quality.

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