



Mastery of Your Anxiety and Panic: Workbook for Primary Care Settings

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Oxford University Press Inc, United States, 2007. Paperback. Book Condition: New. 4th ed.. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.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? Do you find yourself seeking medical treatment for symptoms related to your panic? 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. Mastery of Your Anxiety and Panic: Workbook for Primary Care Settings outlines a time-limited treatment for dealing with panic disorder and agoraphobia. If you primarily seek treatment from your family doctor, this workbook will be useful. Based on the principles of cognitive-behavioral therapy (CBT), the program described can be delivered by your general practitioner or other health or mental health care provider in the primary care setting in up to six sessions. A modified version of the more intensive 12-session program that currently exists, this treatment represents...



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