

Overcoming Panic And Agoraphobia - Derrik Silove

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Overcoming Panic and Agoraphobia provides a step-by-step management program that provides the necessary skills for overcoming and preventing panic attacks and associated agoraphobia. This is an indispensable guide for those affected by panic disorders, but is also an important resource for friends and families, psychologists, and those working in the medical profession. Explains the many forms and causes of panic. Contains a complete self-help program and monitoring sheets. Is based on clinically proven techniques of cognitive therapy. Author: Silove, Derrik Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Panic and Agoraphobia Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105776 Category: Psychology : Clinical Psychology

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