

READING LIST FOR ANXIETY DISORDERS

The Anxiety & Phobia Workbook, Edmund J. Bourne

Relaxation and Stress Reduction Workbook, Matthew McKay, et al.

From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life, Lucinda Bassett

Anxiety, Phobias, and Panic: A Step-by-Step Program for Regaining Control of Your Life, Reneau Z. Peurifoy

The Feeling Good Handbook, David D. Burns

Healing Fear: New Approaches to Overcoming Anxiety, Edmund J. Bourne

Triumph Over Fear: A Book Of Help And Hope For People With Anxiety, Panic Attacks, and Phobias, Jerilyn Ross

Panic Attack Recovery Book, Shirley Swede

Overcoming Anxiety, Panic and Depression: New Ways to Regain Your Confidence, James Gardner