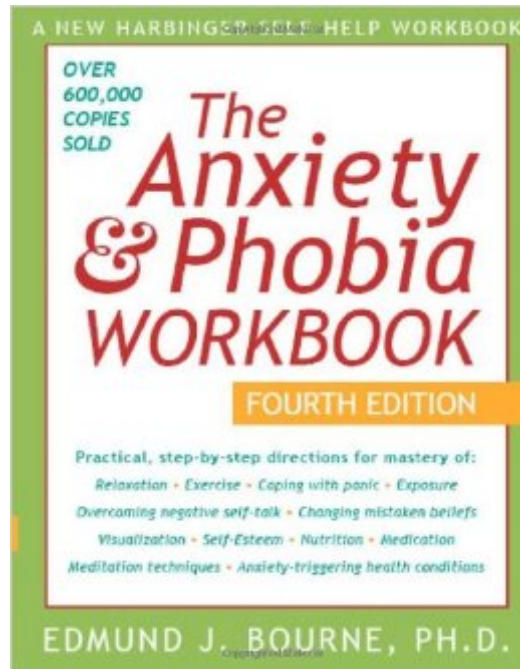


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# The Anxiety & Phobia Workbook, Fourth Edition



## Synopsis

Practical, step-by-step directions for the mastery

of: Visualization Self-Esteem Nutrition Medication Meditation techniques Anxiety-triggering health conditions Over 600,000 Copies Sold Since its first edition in 1990, *The Anxiety and Phobia Workbook* has sold more than 600,000 copies. Its engaging exercises and worksheets have helped millions of readers make real progress in overcoming problems with anxiety and phobic disorders. The *Authoritative Guide to Self-Help Resources in Mental Health* (Norcross, et al., 2003) gave the book its highest rating and praised it as 'a highly regarded and widely known resource.' Thousands of mental health and medical professionals recommend this book to their clients and patients every year. Simply put, it is the single finest source of self-help information on its topic available anywhere. The text of this edition has been fully revised and expanded and includes two new chapters: a discussion of physical conditions that can aggravate anxiety and an overview of the use of mindfulness practice in the treatment of generalized anxiety disorder and some forms of obsessive-compulsive disorder. As in previous editions, the book offers the most up-to-date information on medications, natural supplements, and complementary strategies that can alleviate anxiety symptoms. The sections on relaxation, nutrition, and exercise have all been updated and broadened.

## Book Information

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## Customer Reviews

I think all of us that suffer from anxiety disorders are so happy to find someone who has an inkling of what we are going through that we are willing to give that person five stars, just for their

understanding. First the good: I won't go into detail, because other reviewers have done an excellent job of pointing out how comprehensively the author has listed and described the various modalities that can be used to reduce anxiety-he truly presents a holistic approach. Next, the not-so-good: the author is a therapist at heart and by degree, and it shows in his writing. Some anxiety disorders, panic disorder for example, really respond much better to medication than therapy, despite the current craze over CBT. He also dislikes the Xanax (Klonopin, Ativan) family of drugs because they are "addictive" (he means "causes dependence"), that is, if you stop taking them the drug abruptly, you may well suffer a withdrawal, so you are advised to taper the withdrawal from the medication, which is a good idea with many meds. What he fails to mention is that the Xanax family (benzodiazepines) is far-and-away the most prescribed and effective psychoactive set of medications for anxiety disorders. You might want to check the Web site [...] or others for confirmation of that statement. Remarkably, he suggests taking medications like gabapentin instead, which are vastly more toxic than the Xanax family (but then, that's not hard, Xanax, et. al. are very, very non-toxic). There are other examples, but the medication section is a bit weak-and as to the objection that medication just masks "the cause"-the cause may be that you chose the wrong parents and inherited the wrong genes. Another objection is that the author suggests taking mega doses of vitamins for anxiety.

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