



## Anxiety, Phobias, and Panic

By Reneau Z. Peurifoy

Grand Central Publishing. Paperback. Book Condition: New.

Paperback. 400 pages. Dimensions: 8.8in. x 6.0in. x

1.1in. DESCRIPTION: In this classic guide--newly revised and

updated--expert Reneau Peurifoy shows readers how to

understand and overcome all types of anxiety-related disorders.

Anxiety is an unpleasant, though mostly unavoidable, aspect of

modern life--but for many, normal anxiety can become

something far more serious and debilitating. Now, in this

updated and revised edition of ANXIETY, PHOBIAS and PANIC,

readers will learn how their condition developed and how to

overcome their anxiety-related problems. Areas covered include:

uncovering the causes of anxiety building stress tolerance

identifying and correcting harmful modes of thinking relaxation

techniques tools for managing anxiety and much more. Plus,

this revised edition includes new discoveries about the brain,

new information about OCD and social phobias, and a section

on relapse prevention. This item ships from multiple locations.

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### Reviews

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-- **Alford McClure**

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-- **Prof. Uriel Witting**