



Overcoming Anxiety Self-help Course: A 3-part Programme Based on Cognitive Behavioural Techniques: Part 3

By Helen Kennerley

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Anxiety Self-help Course: A 3-part Programme Based on Cognitive Behavioural Techniques: Part 3, Helen Kennerley, Since it was first published in 1997, Helen Kennerley's "Overcoming Anxiety" has helped thousands of people recover from this disorder. It has won the respect of therapists and patients alike for its practical and friendly approach. Now, for the first time, this landmark work is available as a three-part, large format, practical manual. The manuals contain multiple copies of blank worksheets, diaries and exercises suitable for a two-week course of treatment. The anxiety sufferer will be able to write directly into the workbook, allowing him or her to trace progress over the course of treatment, monitor behaviour and record step-by-step improvement. Ideal for the user to work through alone or with guided assistance, "Overcoming Anxiety Self-Help Course" is a complete, step-by-step treatment guide.



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