



The Anxiety & Phobia Workbook, Fourth Edition

Edmund J. Bourne

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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.

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