



Phobias (Palgrave Insights in Psychology Series)

Heather Buchanan, Neil Coulson

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Anxiety can come in many forms and guises, and this invaluable introduction focuses on specific phobia, social phobia, and agoraphobia to give students a thorough overview of how these disorders are diagnosed and treated. The authors explore the impact of these disorders and why they occur, looking at cognitive, social, and biological explanations.

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