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## Overcoming Anxiety Self-help Course: A 3-part Programme Based on Cognitive Behavioural Techniques: Part 2

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 2, 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 manuals. 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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### Reviews

*It is one of my personal favorite book. It is written in easy terms and never hard to understand. It's been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.*

-- **Lucinda Stiedemann**

*Extensive guideline! It's this kind of good go through. Yes, it really is playful, continue to an interesting and amazing literature. I am just pleased to inform you that this is basically the greatest book we have gone through inside my own life and could be the greatest pdf for possibly.*

-- **Madison Armstrong**