



## Overcoming Anxiety Self-help Course: A Self-help Practical Manual Using Cognitive Behavioral Techniques

By Helen Kennerley

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Anxiety Self-help Course: A Self-help Practical Manual Using Cognitive Behavioral Techniques, 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, complete with 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 sufferer to work through alone or with guided assistance, Overcoming Anxiety Self Help Manual is a complete, step-by-step treatment guide.



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