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Mastery of Your Anxiety and Worry

SECOND EDITION

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- Authored by the internationally respected researchers and developers of the treatment
- Includes worksheets, charts, and quizzes in a handy workbook format
- User-friendly forms for keeping records of your progress
- Interactive exercises and easy-to-follow instructions to ease anxiety

Michelle G. Craske • David H. Barlow

Mastery Of Your Anxiety And Worry Workbook

Kathleen Armour



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