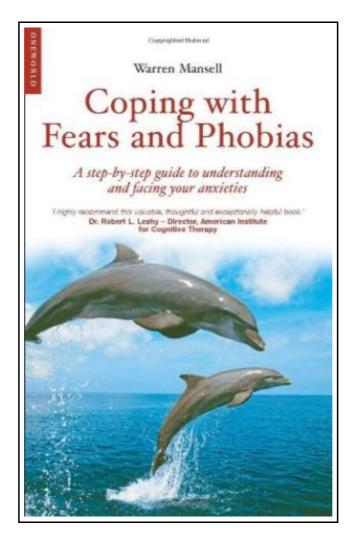
# Coping with Fears and Phobias: A CBT Guide to Understanding and Facing Your Anxieties (New edition)



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# COPING WITH FEARS AND PHOBIAS: A CBT GUIDE TO UNDERSTANDING AND FACING YOUR ANXIETIES (NEW EDITION)



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Oneworld Publications. Paperback. Book Condition: new. BRAND NEW, Coping with Fears and Phobias: A CBT Guide to Understanding and Facing Your Anxieties (New edition), Warren Mansell, Fear is a normal emotion. For one out of ten people, however, fear is extreme and disruptive because approximately 10% of people have an anxiety disorder at any one time, only a tiny proportion of whom receive appropriate psychological treatment. This book provides you with information about fears and phobias and how to cope with them, so you can reclaim your life. Incorporating extensive research on anxiety and phobias, Dr Mansell writes accessibly and supportively. He provides real-life examples and many easy-to-learn techniques from cognitive behavioural therapy (CBT), all of which will help sufferers develop a lasting change. Coping with Fears and Phobias is supported by a dedicated website for sufferers and carers.

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