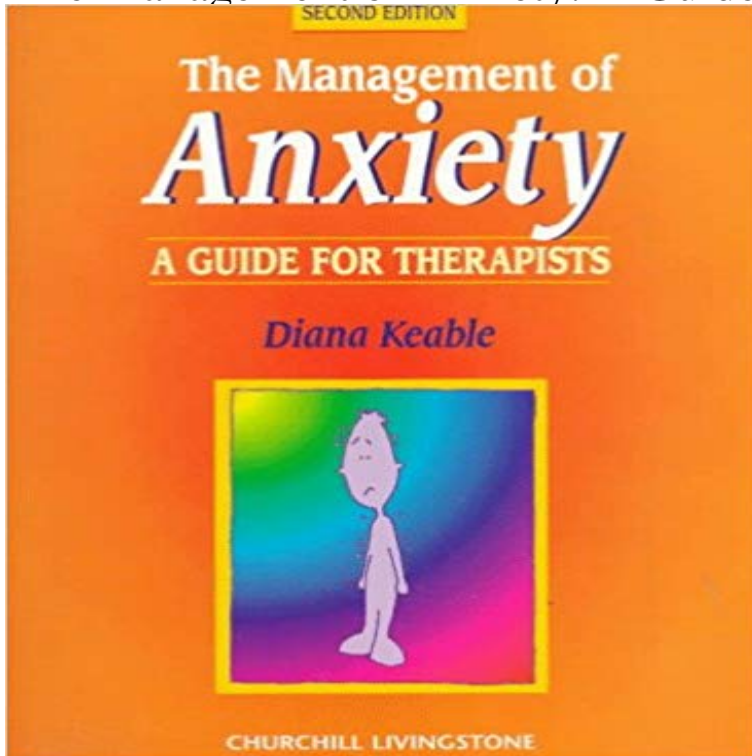


The Management of Anxiety: A Guide for Therapists, 2e



A practical guide to the methodology and application of anxiety management skills. The reader can use it to select the best and most appropriate strategies for each individual client from the variety of approaches that are described and explained. The book is sufficiently detailed to give the reader a basic understanding of the underlying theories; it is therefore useful both for the hard-pressed practitioner who needs a quick reference and for the student who needs a revision tool or study guide. New chapters include assessment and evaluation; working in community settings; stress management techniques for therapists.

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