

1. Record Nr.	UNINA9910463772303321
Autore	Tompkins Michael A
Titolo	Anxiety and avoidance [[electronic resource] ] : a universal treatment for anxiety, panic, and fear / / Michael A. Tompkins, PhD
Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, Inc., 2013
ISBN	1-4619-3634-9 1-60882-670-8
Descrizione fisica	1 online resource (189 p.)
Disciplina	616.85/22
Soggetti	Anxiety - Treatment Panic disorders - Treatment Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	""Contents""; ""Acknowledgments""; ""Introduction""; ""Chapter 1""; ""Anxiety, Avoidance, and Anxiety Disorders""; ""Chapter 2""; ""Watching and Learning""; ""Chapter 3""; ""Moving Forward""; ""Chapter 4""; ""Watching and Waiting""; ""Chapter 5""; ""Thinking Inside and Outside the Anxiety Box""; ""Chapter 6""; ""Stepping toward Discomfort""; ""Chapter 7""; ""Keeping Going""; ""Chapter 8""; ""Medications for Anxiety""; ""Chapter 9""; ""Healthy Habits""; ""Conclusion""; ""Resources""; ""References""
Sommario/riassunto	Do you suffer from panic, anxiety, and fear in your day-to-day life? Do you often avoid social situations, activities like driving, or even going to the store because of a fear of being overwhelmed or triggering a panic attack? You might be interested to know that anxiety disorders are the most common mental health disorders in the United States. In Anxiety and Avoidance, psychologist and anxiety disorder expert Michael Tompkins presents a universal protocol to help you cope with anxiety, panic, and fear, regardless of your particular mental health diagnosis. This universal protocol is based