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Autore	Tompkins Michael A
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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