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23. Cognitive Behavioral Treatment of Anxiety Disorders 24. Exposure Therapy in the Treatment of Anxiety Disorders; 25. Anxiety Disorders: Alternative Drug Treatments; 26. Physical Treatments; 27. Herbal Therapy and Anxiety; PART FIVE: CONCLUSION; 28. Anxiety Disorders: Current Needs and Future Prospects; Index

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### Sommario/riassunto

Rapid developments in recent years in basic science and pharmacology has greatly increased understanding of the causes of anxiety disorders. This has led to a large number of new drug treatments from the pharmaceutical industry. This book makes sense of these advances and presents a coherent account of diagnosis and management from the clinical point of view. Chapters are in the form of surveys and digests of the recent literature and are interspersed with clinical guidelines, diagnostic and therapeutic points and are well illustrated.

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