Recommended Readings

Anxiety Disorders and Related Problems

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Panic Disorder With and Without Agoraphobia

Professional Books – Treatment and Assessment


Self Help Books


Video Resources


Social Phobia

Professional Books – Treatment and Assessment


**Professional Books - Research**


**Self Help Books**


**Video Resources**


**Obsessive-Compulsive Disorder**

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


**Video Resources**


**Health Anxiety, Trichotillomania, Tic Disorders, Body Dysmorphic Disorder, and Related Problems**

*Professional Books – Treatment and Assessment*


**Professional Books - Research**


**Self Help Books**


**Generalized Anxiety Disorder and Chronic Worry**
Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


Specific Phobia

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


**Trauma and Posttraumatic Stress Disorder**

*Professional Books – Treatment and Assessment*


*Professional Books - Research*


**Self Help Books**


**Anxiety Disorders in Children and Adolescents**

*Professional Books – Treatment and Assessment*


**Professional Books - Research**


**Self Help Books for Parents**


Self Help Books for Children and Adolescents


Anxiety Disorders and Related Topics (General)

Professional Books – Treatment and Assessment


Professional Books - Research


**Self Help Books**


**Medication Treatments**

*Professional Books*


Self Help Books

Evidence-Based Psychological Treatments (General)

Professional Books – Treatment and Assessment


Self Help Books


Video Resources

Mindfulness Meditation Audio CDs