

# Anxiety Resource List

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- The Worry Cure: Seven Steps to Stop Worry from Stopping You
  - Robert Leahy
- Anxiety Free: Unravel Your Fears Before They Unravel
  - Robert Leahy
- Get Out of Your Mind and Into Your Life
  - Steven Hayes
- When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life
  - David Burns
- The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear
  - Anthony, M. & Swinson, R.
- The Anxiety & Phobia Workbook
  - Bourne, E.
- Beyond Anxiety and Phobia
  - Bourne, E.
- Panic Attacks Workbook: A Guided Program for Beating the Panic Trick
  - Carbonell, D.
- The Relaxation & Stress Reduction Workbook
  - Davis, M.
- Panic Disorder: The Facts
  - Rachman, S. & Silva, P.
- Feel the Fear and Do It Anyway
  - Jeffers, J.
- Getting Over OCD: A 10-Step Workbook for Taking Back Your Life
  - Jonathon Abramowitz

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