

THE ANXIETY AND PHOBIA WORKBOOK

5th Edition

Edmund J. Bourne, Ph.D.



About the Author

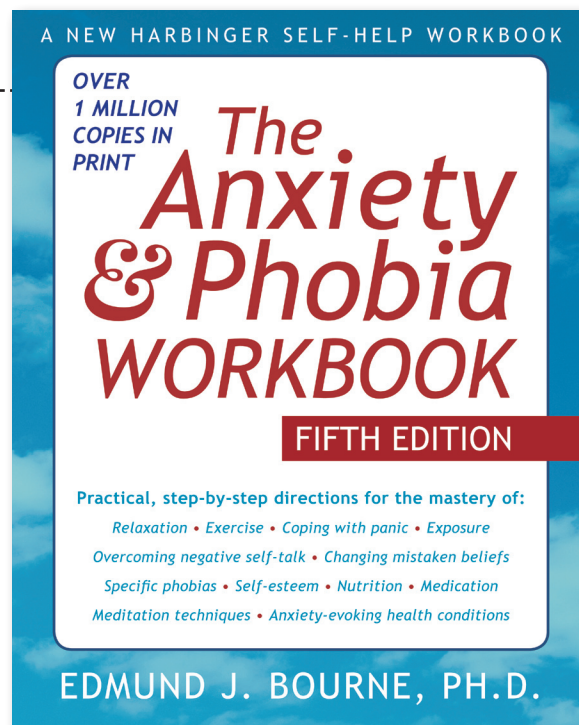
Edmund J. Bourne, Ph.D., has specialized in the treatment of anxiety disorders and related problems for more than two decades. His self-help books have helped over one million people and have been translated into numerous languages. He currently resides and practices in the San Francisco Bay Area and in southeast Florida.

A revision of the bestselling classic

More than two decades ago, Dr. Edmund J. Bourne penned the first edition of *The Anxiety & Phobia Workbook*. Since then, the book has been reissued to reflect the changing field of anxiety and phobia treatment, and to stay on the cutting edge applying research in new therapies including cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and holistic health treatments.

The definitive workbook for people suffering with any type of anxiety, *The Anxiety and Phobia Workbook* has already helped over one million people calm their fears and enjoy lives free from the ceaseless worrisome thoughts characteristic of anxiety disorders. This fifth edition has been thoroughly updated with information on new medications, such as Cymbalta and Pristiq, and new neurobiology research that can help readers better understand and treat their anxiety. For the first time, this workbook delves into acceptance and commitment therapy and mindfulness meditation, therapeutic approaches which are gaining in popularity among clinicians, researchers, and anxiety sufferers.

This edition features a new chapter that addresses specific phobias that readers may have, including fear of flying, fear of public speaking, fear of disease, and fear of heights, offering strategies for overcoming each one.



FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

Jessica Dore . 510.652.3280
jessica.dore@newharbinger.com

THE ANXIETY AND PHOBIA WORKBOOK
5th Edition

Edmund J. Bourne, Ph.D.

January 2011 / 978-1-57224-891-5 / \$24.95 / 8 x 10 / 456 pages

THE ANXIETY AND PHOBIA WORKBOOK

5th Edition

Edmund J. Bourne, Ph.D.

Praise

"*****...This is a concise, practical, and comprehensive directory on how to reduce anxiety. A highly regarded and widely known resource."

—*Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition*

"Any who've struggled with panic attacks and fears will find this packed with self-help exercises and guidelines to overcoming anxiety and stress, from understanding how to assert oneself to creating a positive recovery strategy."

—*Midwest Book Review*

"This workbook offers a practical and comprehensive guide to anyone struggling to cope with the many-faceted manifestations of panic and anxiety."

—*Child and Behavior Therapy*

Fertile ground for phobias: Prevalence of anxiety and phobias in modern times

According to Dr. Edmund Bourne, author of *The Anxiety and Phobia Workbook*, people living in Western society are currently experiencing more stress than they have at any previous time in history, and it is this stress that explains the increased incidence of anxiety disorders.

So what exactly are the factors contributing to this building stress? According to Dr. Bourne, the following conditions, which have made it difficult for many individuals in modern society to experience a sense of stability or consistency in their lives, have provided a social context for anxiety and phobias:

- Our environment and social order have changed more in the last thirty years than they have in the previous three hundred.
- Digital information technology has changed our lives drastically in less than twenty years.
- The increased pace of modern society—and the increased rate of technological change—have deprived people of adequate time to adjust to these changes.
- The worst economic downturn since the Great Depression has affected people throughout the world since late 2008.
- Future prospects for the world's environment are seriously in question, as a large number of scientists believe we have already reached a tipping point for climate change, extreme weather events, loss of biodiversity, and destruction of natural habitats worldwide.
- Nuclear proliferation has led to the grim possibility of terrorists developing and using nuclear weapons against developed countries.
- Cultural values are unclear. We lack a consistent, externally sanctioned set of values (traditionally prescribed by society and religion). This leaves a vacuum in which people are left to fend for themselves to learn to cope with the responsibility of creating their own meaning and moral order.

FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

Jessica Dore . 510.652.3280
jessica.dore@newharbinger.com

THE ANXIETY AND PHOBIA WORKBOOK
5th Edition

Edmund J. Bourne, Ph.D.

January 2011 / 978-1-57224-891-5 / \$24.95 / 8 x 10 / 456 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com