

**THE AGORAPHOBIA WORKBOOK**  
**A Comprehensive Program to End Your Fear of Symptom Attacks**  
By C. Alec Pollard, Ph.D., and Elke Zuercher-White, Ph.D.

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:  
Earlita Chenault at tel. 510-652-0215 X142, or e-mail  
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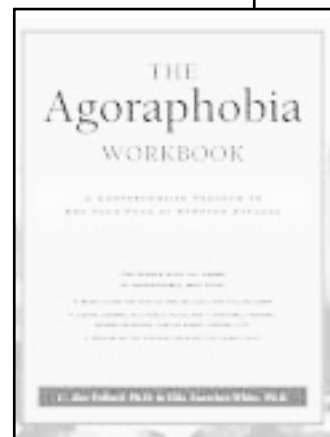
**FOR IMMEDIATE RELEASE**

What if you suffered from a condition that prevented you from being with friends and family seeing your favorite play or musical, or even leaving your home?

For approximately three to six percent of the population this is reality, a result of the panic disorder *agoraphobia*. In *THE AGORAPHOBIA WORKBOOK* (New Harbinger, \$19.95) those with the condition will, for the first time, have access to a comprehensive resource that addresses all of this disorder's symptoms and treatments and guides them through each crucial step towards recovery.

Symptoms of agoraphobia can vary. While it is a myth that all people with the condition are housebound, they do experience fears that restrict their ability to enjoy life to the fullest. For example, they may fear and avoid such activities as walking outside alone due to a fear of feeling dizzy or falling down, driving on the freeway because of a fear that they might faint, or going to malls, sporting events, or musical concerts due to a fear of losing control in a crowded place.

In the first ever self-help resource dedicated to help readers overcome all forms of agoraphobia, readers are provided with a clear understanding of the disorder, how it develops, and practical, step-by-step cognitive-behavioral treatment strategies that they can use to put an end to their specific fears and symptoms and reclaim their lives. Interactive and easy-to-follow, *THE AGORAPHOBIA WORKBOOK* also contains sections offering readers tips on avoiding relapses, managing setbacks, and finding other sources of help and support.



**THE AGORAPHOBIA WORKBOOK, 1-57224-323-6, (paper), \$19.95, 200 pages**  
New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609  
www.newharbinger.com, 800-748-6273

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## SUGGESTED INTERVIEW QUESTIONS

1. What is agoraphobia and how many people are afflicted by it?
2. Can people overcome agoraphobia?
3. How do the strategies offered in THE AGORAPHOBIA WORKBOOK differ from those offered by some anxiety treatment programs?
4. How are the strategies better?
5. What is different about your book from other books on this subject?

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