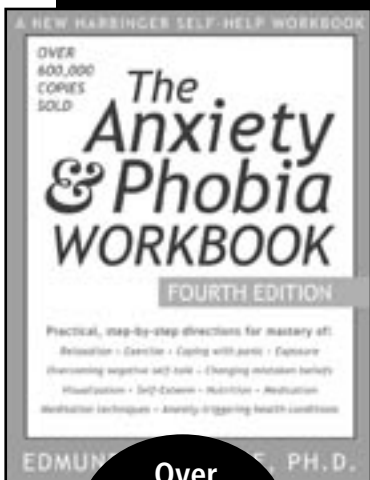


The Anxiety & Phobia Workbook: Its **FOURTH** edition is here!

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, X107, Lorna@newharbinger.com

The classic *The Anxiety & Phobia Workbook*, which has sold over 600,000 copies, is now out in its fourth edition. This new edition includes:

- Updated information on the latest medication for anxiety;
- Everything you need to know about the health-related conditions that can aggravate anxiety;
- The mindfulness and meditation techniques that have been shown to reduce anxiety symptoms.



Over
600,000
copies sold

The first edition of *The Anxiety & Phobia Workbook* was published in 1990 and since then it's become a staple for therapists and an invaluable resource for lay readers. The new edition comes at a time when more Americans than ever are beset by anxiety. Just look at the stats:

- Twenty-five million Americans suffer from anxiety disorders;
- New prescriptions for antianxiety drugs are up 25 percent since 2001;
- In 2002 the National Institute of Mental Health cited anxiety disorders as the number one mental health problem among women.

The fourth edition of *The Anxiety & Phobia Workbook* is a cutting-edge, step-by-step guide for anyone struggling with panic attacks, agoraphobia, social fears, generalized anxiety, obsessive-compulsive behaviors, and anxiety disorders. In it they'll find the latest, research-proven techniques for overcoming symptoms and sound suggestions for lifestyle changes that contribute to long-term relief.

Praise for *The Anxiety & Phobia Workbook*

—*The Authoritative Guide to Self-Help Resources in Mental Health* (Norcross, et al., 2003) gave this book its highest rating and called it “a highly regarded and widely known resource.”

“A great resource for a holistic approach.”

—**Reid Wilson**, author of *Don't Panic*

“Extremely well done.”

—**Christopher McCullough**, author of *Managing Your Anxiety*

more...

The Anxiety & Phobia Workbook, Fourth Edition
by Edmund J. Bourne, Ph.D.

Published in May 2005, New Harbinger Publications, ISBN: 1-57224-413-5
\$19.95, 432 pages, 800-748-6273, www.newharbinger.com

“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 & Behavior Therapy*

About the Author of *The Anxiety & Phobia Workbook, Fourth Edition*

Edmund J. Bourne, Ph.D., has specialized in the treatment of anxiety disorders and related problems for two decades. For many years, he was director of the Anxiety Treatment Center in San Jose and Santa Rosa, CA. His best-selling anxiety books, which have helped hundreds of thousands of readers throughout the world, include *Natural Relief for Anxiety*, *Beyond Anxiety & Phobia*, and *Coping with Anxiety*. He lives and practices in Hawaii and California.

Suggested Interview Questions

1. Why do you think so many Americans are currently suffering from an anxiety disorder?
2. In this latest edition of *The Anxiety & Phobia Workbook* you talk about some of the health conditions that can aggravate anxiety. What are a few of these?
3. What are the different kinds of anxiety disorders?
4. You include information on mindfulness and meditation in this new edition of the book. How can these practices help?
5. What are a few lifestyle changes that you recommend for those struggling with anxiety?
6. You talk about how eating a healthy diet can help with anxiety symptoms. What are few do's and don'ts of an antianxiety diet?
7. “Mistaken Beliefs” is a chapter of *The Anxiety & Phobia Workbook*. How do mistaken beliefs fuel anxiety and what are some common ones among those who suffer from it?
8. What effect does anxiety have on self-esteem?
9. What are a few common antianxiety medications and what are few things everyone should know about them?
10. What are some common phobias and how are they treated?

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