Overcoming Anxiety, Stress and Panic: A Five Areas Approach

Uses the proven and trusted five areas model of Cognitive Behavioural Therapy (CBT) to help people experiencing a range of symptoms associated with these conditions.

Invaluable, proven practical and easy to use workbooks for all CBT practitioners, occupational therapists and healthcare workers to use to help the people in their care help themselves.

* CBT workbooks- easy to use, practical, photocopy them
* Expert advice from an award-winning author
* Proven to work- through years of research and practice
* Step-by-step success- follow the plan, see positive results
* Advice for friends and family to offer addtional support