This book uses the clear, user-friendly format that is associated with the 'Overcoming...' series. The interactive questions and worksheets are a key feature of the series and they are plentiful and appropriate in this new title.

Using the established Five Areas Assessment model of depression, the book provides a clear model of intervention using the proven cognitive behaviour therapy evidence-based approach. It is empowering and supportive, helping readers make changes to their lives in a planned and achievable way.

The workbooks also provide an invaluable resource for counsellors, general practitioners, nursing staff, psychiatrists, social workers and others working with people suffering from panic, stress or phobias.