Anxiety Disorders in Adults: A Clinical Guide

Using the practical yet comprehensive approach found in the first edition, the author considers each anxiety disorder's clinical complexity while simultaneously using an integrative orientation toward finding clinical solutions.

The author considers the presentation of each disorder as it occurs and is treated in the "real world" of clinical practice. Finally, the volume addresses effective therapeutic procedures and recommendations, including pharmacological and psychological treatment approaches. A true "must read" for any psychiatrist interested in anxiety disorders.