



The Anxiety and Phobia Workbook, Fourth Edition

by Edmund J. Bourne



There are hundreds, maybe thousands of books written on anxiety and phobias, and it is no wonder that Bourne's book is in its fourth edition and has sold more than 600,000 copies.

It is clear that he is a leading expert and has spent many years perfecting this rich resource. I recommend this book to each patient I treat with an anxiety diagnosis.

~ **Michele Winchester-Vega**



I use this book with my clients as it provides step-by-step instructions to a variety of approaches in dealing with stress in life, anxiety and phobias.

It's an easy read and provides the right amount of psycho-education and exercises. It's a good start for anyone who would like to learn more about his anxiety and how to reach out for further help. ~ **Nancy Arocho-Mercado**



This book is a very useful self-help book. It provides hands-on activities that are easy to understand and follow. The exercises address the main areas of concern for anyone with anxiety, including decreasing the physical symptoms and changing thought patterns. I supplement and recommend this book often when treating clients with anxiety and phobias. ~ **Susan McVey**