



CBT For Anxiety Disorders: A Practitioner Book

Gregoris Simos, Stefan G. Hofmann

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CBT for Anxiety Disorders presents a comprehensive overview of the latest anxiety disorder-specific treatment techniques contributed by the foremost experts in various CBT approaches.

- Summarizes the state-of-the-art CBT approaches for each of the DSM anxiety disorders
- Represents a one-stop tool for researchers, clinicians, and students on CBT for anxiety disorders
- Features world leading CBT authors who provide an up to date description of their respective treatment approaches in a succinct, and clinician-tailored, fashion

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