



# **Master Your Panic and Take Back Your Life!: Twelve Treatment Sessions to Conquer Panic, Anxiety and Agoraphobia (Mental Health)**

*Denise F. Beckfield*

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Unique among books in this field, "Master Your Panic and Take Back Your Life!" features both cognitive-behavioral steps for change and a thorough discussion of the key emotional issues underlying panic. Dr. Beckfield's provides step-by-step, easy-to-follow instructions and numerous case examples.

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