

Living with Fear: Understanding and Coping with Anxiety. Isaac M. Marks

Isaac Meyer Marks



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Living with Fear: Understanding and Coping with Anxiety. Isaac M. Marks Isaac Meyer Marks "Living with Fear" is a self-help book that gives practical advice to people who are suffering from phobias, panic, obsessions, rituals or traumatic distress. In the new edition, the author has updated the book to include new phobias e.g. fear of Aids contamination as well as the latest treatments. References, examples and case studies will be updated throughout the book. The case examples in the current edition are drawn from many parts of the world. He is the consistent best seller in the UK - current edition has sold over 50,000 copies. The author is internationally renowned. In a randomized controlled trial, sufferers who used "Living With Fear" improved as much as sufferers guided by a psychiatrist. It includes case studies and examples that are taken from round the world.

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