

Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide

Adrian Wells

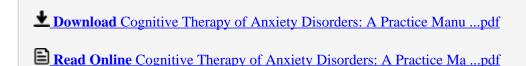


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Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide Adrian Wells Cognitive therapies are based on the idea that behavior and emotions result largely from an individual's appraisal of a situation, and are therefore influenced by that individual's beliefs, assumptions and images. This book is a comprehensive guide to cognitive therapy of anxiety disorders.



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