



# 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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