



[DOWNLOAD PDF](#)

Anxiety Disorders and Phobias: A Cognitive Perspective

By Aaron Beck

Basic Books. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 9.0in. x 5.9in. x 0.9in. At the forefront of the cognitive revolution, renowned psychiatrist Aaron T. Beck turned to information processing in order to understand the sources, consequences, and cures of anxiety disorders and phobias. In the first half of this classic text, Beck elaborates on the clinical picture of anxiety disorders and phobias and presents an explanatory model to account for the rich complexity of these phenomena. Cognitive psychologist Gary Emery then details the therapeutic principles, strategies, and tactics developed on the basis of the cognitive model of anxiety disorders and phobias. This fifteenth anniversary edition of the foundational work on cognitive therapy features a new introduction by Beck, in which he offers an up-to-date appraisal of the current state of cognitive therapy and its application to the treatment of phobias and anxiety. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



[READ ONLINE](#)
[5.74 MB]

Reviews

This type of book is every thing and made me seeking forward and more. It is amongst the most awesome publication we have go through. Its been developed in an exceptionally straightforward way and it is only soon after i finished reading this ebook by which actually altered me, alter the way i believe.

-- **Mrs. Serena Wunsch**

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- **Rachel Stiedemann**