ANXIETY/DEPRESSION

• The Anxiety and Phobia Workbook. (Bourne)
• The Feeling Good Handbook. (Burns)
• The Relaxation and Stress Reduction Workbook. (Davis, Eshelman & McKay)
• Feel the Fear and Do It Anyway. (Jeffers)
• Why Zebras Don’t Get Ulcers. (Sapolsky)
• Breaking the Patterns of Depression. (Yapko)