



## **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)