



The Agoraphobia Workbook: A Comprehensive Program to End Your Fear of Symptom Attacks

C. Alec Pollard PhD, Elke Zuercher-White

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This book provides agoraphobia sufferers with a comprehensive explanation of symptoms and a list of resources for treatment. Follow step-by-step exercises to confront and overcome persistent fears. Regain the control and quality of life that agoraphobia takes away.

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