

UM Student Counseling Center Collection HS/HSL Library

Anxiety

- 1 The relaxation & stress reduction workbook / Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay.

author Davis, Martha, 1947-
edition 6th ed.
series A New Harbinger self-help workbook
published 2008
format Book
subject Stress management.
Relaxation.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/toc/ecip089/2008003637.html>
- 2 The mindfulness & acceptance workbook for anxiety : a guide to breaking free from anxiety, phobias & worry using acceptance & commitment therapy / John P. Forsyth, Georg H. Eifert.

author Forsyth, John P.
series A New Harbinger self-help workbook
published 2007
format Book
Electronic Resources (all)
Electronic Resources (discs)
subject Anxiety disorders -- Treatment -- Popular works.
Acceptance and commitment therapy -- Popular works.
More--see [full record](#)
location [Health Sciences\(1/ 1\)](#)
internet link <http://catdir.loc.gov/catdir/toc/ecip082/2007041238.html>
- 3 The worry control workbook / Mary Ellen Copeland.

author Copeland, Mary Ellen.
published 1998
format Book
subject Worry.
Anxiety.
More--see [full record](#)
location [Health Sciences\(1/ 1\)](#)

4 The anxiety & phobia workbook / Edmund J. Bourne.

author Bourne, Edmund J.
edition Rev. 2nd ed.; 2nd printing
published 1996
format Book
subject Panic disorders.
Anxiety.
Phobias.
location Health Sciences(1/ 0)

5 The anxiety and phobia workbook / Edmund J. Bourne.

author Bourne, Edmund J.
edition Rev. 2nd ed.
published 1995
format Book
subject Anxiety.
Panic disorders.
More--see full record
location Health Sciences(1/ 0)

6 You mean I don't have to feel this way? : new help for depression, anxiety, and addiction / Colette Dowling ; with a foreword by Harrison G. Pope, Jr., and James I. Hudson.

author Dowling, Colette.
published 1993
format Book
subject Depression, Mental -- Chemotherapy.
Anxiety -- Chemotherapy.
More--see full record
location Health Sciences(2/ 0)
internet link <http://catdir.loc.gov/catdir/description/random041/92046657.html>

7 60 second stress management : the quickest way to relax and ease anxiety / Andrew Goliszek.

author Goliszek, Andrew.
published 1992
format Book
subject Stress management.
location Health Sciences(1/ 1)