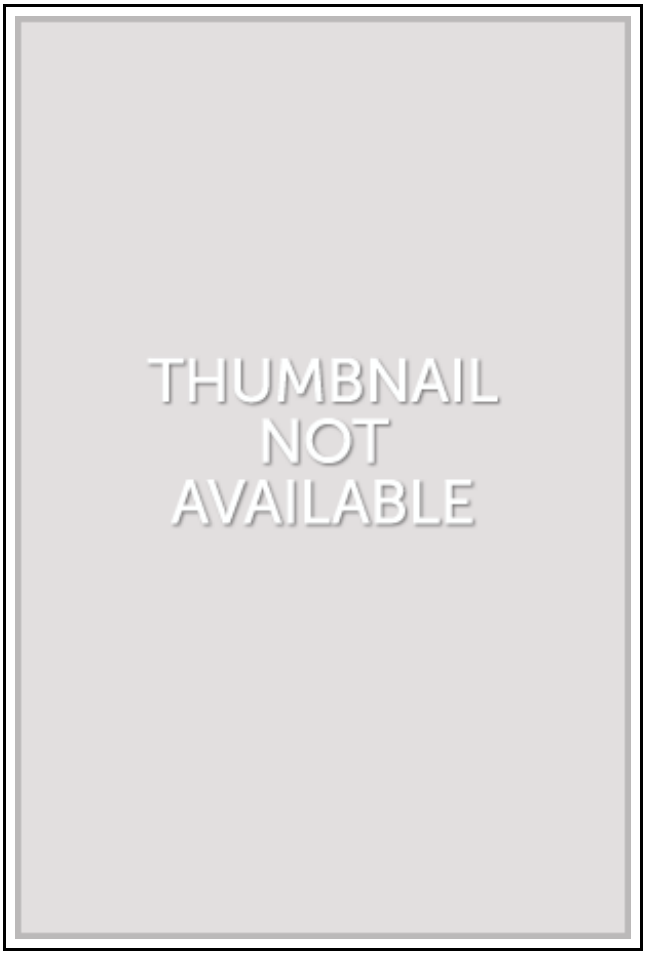
Overcoming Health Anxiety



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Reviews

Very good e-book and valuable one. It can be writter in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).

(Mr. Antwon Frami)

OVERCOMING HEALTH ANXIETY

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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Health Anxiety, David Veale, Rob Willson, A Books on Prescription title How you can stop worrying about your health and enjoy life Many of us have a tendency to worry unnecessarily about our health. For some the anxiety becomes chronic, and they may spend many hours checking for symptoms, seeking reassurance from others, surfing the internet for information about different diseases, or repeatedly visiting the doctor. It is distressing for them and for everyone around them. In fact, health anxiety can be very successfully treated with cognitive behavioural therapy - the approach taken in this self-help guide. Using a structured, step-by-step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it. Includes questionnaires, case studies and exercisesBased on proven CBT techniquesIncludes a chapter on fear of death and fear of vomiting.

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