



Anxiety Disorders and Phobias: A Cognitive Perspective

Aaron Beck, Ph.D. Gary Emery

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At the forefront of the cognitive revolution, renowned psychiatrist Aaron T. Beck turned to information processing in order to understand the sources, consequences, and cures of anxiety disorders and phobias. In the first half of this classic text, Beck elaborates on the clinical picture of anxiety disorders and phobias and presents an explanatory model to account for the rich complexity of these phenomena. Cognitive psychologist Gary Emery then details the therapeutic principles, strategies, and tactics developed on the basis of the cognitive model of anxiety disorders and phobias. This fifteenth anniversary edition of the foundational work on cognitive therapy features a new introduction by Beck, in which he offers an up-to-date appraisal of the current state of cognitive therapy and its application to the treatment of phobias and anxiety.

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