



# **Coping with Fears and Phobias: A CBT Guide to Understanding and Facing Your Anxieties (Coping with (Oneworld))**

*Warren Mansell*

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Fear is a normal emotion. We all experience it when we are in danger (and sometimes when we're not!), but usually it is fleeting. For some, however, fear is more extreme and disruptive than this: approximately 10% of people have an anxiety disorder at any one time, only a tiny proportion of which receive appropriate psychological treatment. This book provides you with enough information about fear itself, and how to cope with it, that you can begin to reclaim your life. Dr. Warren Mansell, a clinical psychologist and lecturer with extensive experience in research on anxiety and phobias, writes accessibly and supportively. He provides real-life examples and many easy-to-learn techniques from cognitive behavioural therapy (CBT), all of which will help you develop a lasting change: learning to accept your experiences, to draw on your strengths, and to develop your personal values. Learning to cope with fears and phobias can be challenging, but it is also an illuminating experience that will have a positive impact on all areas of your life. Dr. Warren Mansell is a clinical psychologist and Lecturer in Psychology at the University of Manchester.

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