



# ANXIETY & STRESS RELIEF

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**JG Myers**



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Franks,1984 Leading experts in the field of behavior therapy review developments in the field and highlight implications for clinical practice Following a comprehensive overview of behavior therapy by Editor Cyril Franks each chapter provides an in depth review of the pertinent literature and a translation of the findings into ramifications for clinical practice and concludes with an overview of the major indicators and contra indicators for direct application The practicing clinician will find practical relevant chapters on obesity smoking alcohol abuse anxiety depression insomnia and sexual dysfunction      *Journal of Education* ,1892      New York State Journal of Medicine ,1961      **Women's Health & Wellness 2004** ,2003

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