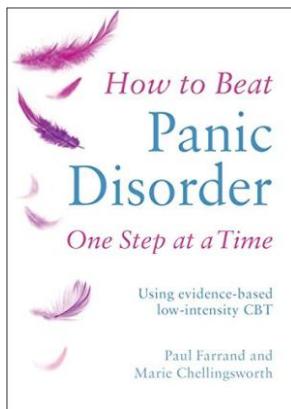


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## HOW TO BEAT PANIC DISORDER ONE STEP AT A TIME: USING EVIDENCE-BASED LOW INTENSITY CBT



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, How to Beat Panic Disorder One Step at A Time: Using Evidence-Based Low Intensity CBT, Paul Farrand, Marie Chellingsworth, Improving Access to Psychological Therapies (IAPT), initiated in 2008, has made psychological therapy more accessible to those in need. This series of self-help titles is the first to be created specifically for low-intensity IAPT and all titles follow an evidence-based cognitive behavioural therapy (CBT) approach which is the treatment of choice...

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