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if you are seeking lasting relief from out of control anxiety this is the book for you it is grounded in cognitive behavior therapy cbt the proven treatment approach developed and tested over decades by pioneering clinician researcher aaron t beck now dr beck and fellow expert david a clark put the tools and techniques of cbt at your fingertips in this compassionate guide carefully crafted worksheets additional copies can be downloaded and printed as needed exercises and examples reflect the authors wealth of experience learn practical strategies for identifying anxiety triggers challenging the thoughts and beliefs that lead to distress safely facing feared situations and truly loosening anxiety s grip one manageable step at a time updated throughout the second edition includes evaluation exercises that help you get to know your anxiety up to date information about panic attacks social anxiety and other topics additional graphics and new troubleshooting tips and tools for success mental health professionals see also the state of the art clinical reference exposure therapy for anxiety second edition by jonathan s abramowitz brett j deacon and stephen p h whiteside

i wrote this book to fill a gap to try to explain the basics of psychometrics to the people who need

that understanding most test users professionals such as school psychologists special educators counselors speech language pathologists and social workers sometimes administer tests and scales or review evaluation reports with test data and need to make sense of the test scores that they see the book's content is a accessible b intuitive c concise d clinically relevant and e technically accurate

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