



## Reading List: Anxiety Disorders

1. **Don't Panic: Taking Control of Anxiety Attacks** (2009). By Reid Wilson
2. **Dying of Embarrassment: Help for Social Anxiety and Phobia** (1992). By Barbara Markway, C. Alex Pollard, Teresa Flynn and Cheryl Carmin
3. **Hope and Help for Your Nerves** (1990). By Claire Weekes
4. **Stop Obsessing: How to Overcome Your Obsessions and Compulsions** (2001). By Edna Foa, Robert Wilson and Reid Wilson
5. **The Anxiety Disease: New Hope for Millions Who Suffer from Anxiety** (1986). By David Sheehan
6. **The Highly Sensitive Person** (1997). By Elaine N. Aron, Ph.D.
7. **Worry** (1998). By Edward M. Hallowell, M.D.