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Overcoming Health Anxiety by David Veale Goodreads

Health anxiety has blighted the last five years for me. It is common amongst cancer sufferers and possibly understandably so. I should have recognised that I was prone to worrying about my health even before my diagnosis and basically finding out my worst fears were realised compounded earlier issues.

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Grounded in current theory and treatment research, this highly practical book presents a comprehensive framework for assessing and treating health anxiety, including full-blown and milder (subclinical) forms of hypochondriasis.

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This book presents a step by step approach to managing anxious thoughts about health. It has useful examples and a series of homework assignments that, if completed, require the reader to confront the causes and consequences of health anxiety in her or his own life.

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Health Anxiety Professor David Veale

This information is taken from our book, Overcoming Health Anxiety published by Robinson. Health anxiety is a condition that consists of a preoccupation with having a serious illness or a fear of developing a serious illness despite medical reassurance.

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Overcoming Health Anxiety Letting Go of Your Fear of

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Overcoming Health Anxiety NewHarbinger.com

Overcoming Health Anxiety Martin M. Antony (Author) Martin M. Antony, PhD, is professor in the department of psychology at Ryerson University in Toronto, ON, Canada, where he also served as department chair and graduate program director.

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Overcoming Self Help Mental Health

Overcoming resources are available in the form of self-help books, downloadable materials and as an accompanying app. Our authors are psychologists, psychiatrists, trained therapists and counsellors and each of them is a leading expert in their field. The resources are based on their many years of experience treating patients.

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Overcoming Health Anxiety eBook von David Veale

In fact, health anxiety can be very successfully treated with cognitive behavioural therapy - the approach taken in this self-help guide. Using a structured, step-by-step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it.

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CCI Health Anxiety Self Help Resources

Overcoming Health Anxiety: This information package is designed to provide you with some information about health anxiety, including how it develops, how it is maintained, and how to decrease your health worries and concerns.

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