



The Sydney Handbook of Anxiety Disorders: A Guide to the Symptoms, Causes and Treatments of Anxiety Disorders

Philip Boyce

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This book presents a comprehensive guide to anxiety disorders, a major mental health concern in Australia. It uniquely explores a biopsychosocial model adopted by the University of Sydney.

Anxiety disorders are common psychiatric conditions with a devastating effect on quality of life that is often underestimated. Unfortunately, anxiety is as misunderstood among patients and health practitioners as it is common. While more than 14 percent of Australians exhibit symptoms of anxiety disorders, only half seek treatment. Of great concern is the fact that 40 percent of those who do seek treatment receive misguided advice.

Despite this alarming news, there is hope. The Australian mental health community, particularly the faculty of the University of Sydney, is rallying around anxiety research and clinical treatment. *The Sydney Handbook of Anxiety Disorders* presents the latest and most comprehensive information on the diagnosis and treatment of anxiety.

This guide clearly lays out a biopsychosocial model for understanding anxiety that involves biological activity of the brain, psychological theories on attachment, conditioning, cognition and recognition of social triggers. New and traditional psychological and pharmacological treatment options are meticulously analysed in simple language, while case studies give real-life examples of diagnosis and treatment plans.

The Sydney Handbook of Anxiety Disorders shares the experience and expertise of the best medical doctors and mental health specialists in Australia. The result is a must-read manual for anxiety sufferers and those who treat them.

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Richard Pascual:

This The Sydney Handbook of Anxiety Disorders: A Guide to the Symptoms, Causes and Treatments of Anxiety Disorders is great guide for you because the content which can be full of information for you who else always deal with world and still have to make decision every minute. That book reveal it information accurately using great arrange word or we can declare no rambling sentences in it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tricky core information with splendid delivering sentences. Having The Sydney Handbook of Anxiety Disorders: A Guide to the Symptoms, Causes and Treatments of Anxiety Disorders in your hand like keeping the world in your arm, info in it is not ridiculous 1. We can say that no guide that offer you world inside ten or fifteen small right but this book already do that. So , it is good reading book. Hey there Mr. and Mrs. busy do you still doubt this?

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