



A Programmed Course in Anxiety Reduction and Courage Skills: Reducing Obsessions, Compulsions, Aversions, and Fears

Joseph Mallory Strayhorn

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Anxiety disorders (including obsessive-compulsive disorders) are a highly prevalent class of psychological problems in both adults and children. Problems caused by fears or aversions are an almost universal human experience. The techniques for reducing fears and aversions should ideally be taught to all human beings. This book summarizes what scientific research and clinical experience have taught us about how to reduce aversions and fears. It is written in clear language, rendering complex ideas as simply as possible. The format of small sections with a "comprehension probe" after each is custom made for tutoring, but also suited for the individual reader. Joseph Strayhorn is a child and adolescent psychiatrist.

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