



Resource List: Anxiety Disorders

Suggested reading for those who would like more information about anxiety:

Books

- *An End to Panic: Techniques for Overcoming Panic Disorder*; by Elke Zuercher White; New Harbinger Publications, 1998.
- *Anxiety and Panic Attacks: Their Cause and Cure*; by Robert Handly and Pauline Neff; Crest, 1990.
- *Don't Panic: Taking Control of Anxiety Attacks*; by R. Reid Wilson; HarperCollins, 1996.
- *Facing Fears: The Sourcebook For Phobias, Fears, and Anxieties*; by Ada Kahn and Ronald Doctor; Facts on File, Inc., 2000.
- *Overcoming Panic Disorder: A Woman's Guide*; by Lorna Weinstock and Eleanor Gilman; NTC/Contemporary Publishing, 1998.

Other Resources

Anxiety Disorders Association of America
11900 Parklawn Drive, Suite 100
Rockville, MD 20852
1-301-231-9350
Web site: <http://www.adaa.org>

The National Mental Health Association
1021 Prince Street
Alexandria, VA 22314-2971
Phone: (703) 684-7722
Web site: <http://www.nmha.org>.

Developed by Gayle Zieman, PhD for Clinical Reference Systems

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.