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title = "Mastery of Your Anxiety and Worry: Therapist Guide", abstract = "This Therapist Guide is designed to be used in conjunction with the accompanying Workbook, and is for practising mental health professionals who treat adult clients diagnosed with Generalised Anxiety Disorder and/or excessive worry. It features a 12-lesson program of new procedures to help clinicians teach their clients to learn to monitor their anxiety, gain control and initiate needed change.

### Mastery of Your Anxiety and Worry: Therapist Guide ...

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