



Anxiety (Clinical Psychology: A Modular Course)

Stanley J. Rachman

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Anxiety is a complex phenomenon and a central feature of many psychological problems. This thoroughly revised edition of *Anxiety* has been updated to include astonishing developments in the in the clinical implementation of knowledge about anxiety. In particular, this edition updates the reader with:

- A new chapter on health anxiety
- A fully updated chapter on obsessive compulsive disorders, including the concept of mental contamination and the causes of obsessions
- An account of advances in therapeutic techniques.

Unique in combining an introduction to the subject with comprehensive coverage of the latest developments in research and practice, this book provides excellent breadth and depth of coverage which all practicing and trainee clinical psychologists, and students of clinical psychology, will find extremely informative.

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