



# Understanding Major Anxiety Disorders and Addiction (Co-Occurring Disorder Series)

*Dennis C. Daley*

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# **Understanding Major Anxiety Disorders and Addiction (Co-Occurring Disorder Series)**

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Recovering from an anxiety disorder and addiction is a double challenge. The collection Understanding Major Anxiety Disorders and Addiction provides a step-by-step process to identify anxiety triggers and recognize ways to change thoughts and reactions. The collection includes a video program on DVD plus a CD-ROM with the following materials: a facilitator guide, a patient workbook, video discussion questions, and the pamphlet A Family Guide to Coping with Dual Disorders. Author Dennis Daley is nationally renowned for developing and managing treatment services for addiction and dual disorders. Part of Hazelden's popular Co-occurring Disorders Series, the Understanding Major Anxiety Disorders and Addiction collection provides a step-by-step process to identify anxiety triggers and recognize ways to change thoughts and reactions. Includes a pamphlet for family members.



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