



# Anxiety Disorders: A Pocket Guide For Primary Care (Current Clinical Practice)

*John Vanin, James Helsley*

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This pocket guide is designed to help the primary care practitioner recognize, diagnose, and manage anxiety disorders in a busy clinical practice. It presents an easy-to-follow, step-by-step approach, and offers practical points based on both real patient-care experience and review of current medical literature. The guide includes helpful chapters on psychopharmacology, psychopharmacotherapy, and psychologic treatment for the anxiety disorders.

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