Recommended Readings and DVDs

Anxiety Disorders, Depression, and Related Problems

Compiled by Martin M. Antony, PhD
Department of Psychology, Ryerson University

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Address all Correspondence to:

Martin M. Antony, PhD, ABPP
Professor and Chair
Department of Psychology, Ryerson University
350 Victoria Street
Toronto, ON M5B 2K3 Canada
Tel: 416-979-5000, ext. 2631 (after pressing "1")
Fax: 416-599-5660
E-Mail: mantony@psych.ryerson.ca
Website: www.martinantony.com
Panic Disorder With and Without Agoraphobia

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Self Help Books


Video Resources


Social Anxiety Disorder

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**Obsessive-Compulsive Disorder and Hoarding**

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**Self Help Books**


**Video Resources**


**Health Anxiety, Trichotillomania, Tic Disorders, Body Dysmorphic Disorder, and Related Problems**

*Professional Books – Treatment and Assessment*


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**Generalized Anxiety Disorder and Chronic Worry**

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**Specific Phobia**

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**Video Resources**

Trauma and Posttraumatic Stress Disorder

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Professional Books - Research


Self Help Books


**Anxiety Disorders in Children and Adolescents**

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*Professional Books - Research*


Self Help Books for Parents


Self Help Books for Children and Adolescents


Video Resources


Depression

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


**Anxiety Disorders and Related Topics (General)**

*Professional Books – Treatment and Assessment*


*Professional Books - Research*


Self Help Books


Medication Treatments

Professional Books


Self Help Books


Evidence-Based Psychological Treatments (General)

Professional Books – Treatment and Assessment


**Self Help Books**


**Video Resources**


**Mindfulness Meditation Audio CDs**

