Recommended Books and Videos

Anxiety Disorders, Depression, and Related Problems

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Panic Disorder and Agoraphobia

Professional Books – Treatment and Assessment


Self Help Books


Video Resources


Social Anxiety Disorder

Professional Books – Treatment and Assessment


**Professional Books - Research**


**Self Help Books**


**Video Resources**


**Obsessive-Compulsive Disorder**

*Professional Books – Treatment and Assessment*


*Professional Books - Research*


Self Help Books


**Video Resources**


**Hoarding Disorder**

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


**Video Resources**


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

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


**Generalized Anxiety Disorder and Chronic Worry**

*Professional Books – Treatment and Assessment*


*Professional Books - Research*


*Self Help Books*


**Video Resources**


**Specific Phobia**

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


Publications. Available as free PDF download at http://martinantony.com/publications (click on “DOWNLOADS”).


Video Resources


**Trauma and Posttraumatic Stress Disorder**

*Professional Books – Treatment and Assessment*


Professional Books - Research


Self Help Books


Video Resources
Anxiety Disorders in Children and Adolescents

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books for Parents**


**Self Help Books for Children and Adolescents**


### Depression

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


**Perfectionism**

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


**Videos**


Available from Alexander Street (use “Antony” as the discount code at checkout for a 75% discount): https://search.alexanderstreet.com/preview/work/bibliographic_entity%7Cvideo_work%7C32822249

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

*Professional Books – Treatment and Assessment*


**Professional Books - Research**


**Self Help Books**


**Books for Family Members**


**Video Resources**


**Motivational Interviewing**

**Professional Books**


**Self Help Books**


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**Evidence-Based Psychological Treatments (Adults)**

**Professional Books – Treatment and Assessment**


**Self Help Books**


**Video Resources**


**Mindfulness Meditation Audio Recordings**


**Evidence-Based Psychological Treatments (Children & Adolescents)**

*Professional Books – Treatment and Assessment*


**CBT Supervision**

*Professional Books*


**Medication Treatments**

*Professional Books*


Self Help Books


CBT for Psychosis

Professional Books


