

**BOOK LIST**  
**for Anxiety, Depression & related Disorders**

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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

[http://www.adavic.org/resources/booklist\\_complete.pdf](http://www.adavic.org/resources/booklist_complete.pdf)

## AGORAPHOBIA

### ***In Stillness Conquer Fear: Overcoming Anxiety, Panic and Agoraphobia***

**By Pauline Mckinnon**

(2001). Paperback.

Panic disorder and agoraphobia cause suffering for a great many people today. This need not be so. In this fifth edition of her best-selling book Pauline McKinnon describes how she found the answer to overcoming her own experience of agoraphobia by using a simple form of meditation. *In Stillness Conquer Fear* is the record of her journey of discovery. Thousands of readers have found its insights as illuminating as they are practical.

### ***Simple Effective Treatment of Agoraphobia***

**By Claire Weekes**

(1984). Paperback.

For effective treatment of agoraphobia both patient and therapist must understand the mechanisms of sensitization and self-desensitization. Rather than aiming to adapt to difficult situations, to achieve desensitization by suggestions, or to avoid panic, the agoraphobe must learn to pass through panic and to rid oneself of drug dependency. This method of self-desensitization will, as a rule, achieve results quickly and does not necessarily depend upon finding the cause of the original sensitization.

### ***From Panic to Peace of Mind: Overcoming Panic and Agoraphobia***

**By Scignar, C. B., (MD).**

(1991). Paperback, 320 pages.

Anxiety is the most wide spread emotional disorder with a life long prevalence rate of 14.6 percent. A National Institute of Mental Health Study revealed that 8.3 percent or 13.1 million Americans over the age of 18 are suffering from one of the anxiety disorders.

### ***The Panic Attack Recovery Book: A Former Agoraphobic and Her Doctor Tell How You Can Change your Life***

**By Swede, S., and Jaffe, S.S.**

(2000). Paperback, 258 pages.

A former agoraphobic and her doctor tell how people with panic disorder can overcome their fears. A 7-step program combined with stress reduction and nutrition plans can provide results in 6-8 weeks without drugs

***Life Isn't Just a Panic: Stories of Hope by Recovering Agoraphobics*****By Pace, Anita L.**

(1996). Paperback, 256 pages.

An anthology written to offer hope and suggestions to those suffering from Panic Disorder and/or Agoraphobia. Includes the stories and poems of 20 contributors, all with first-hand experience of these disorders. The contributors share their range of experiences with how their anxiety began, how it affects their lives, and most importantly, what they did to cope.

***The Agoraphobia Workbook: A Comprehensive Program to End Your Fear of Symptom Attacks*****By C. Alec, Ph.D., Pollard, Elke, Ph.D., & Zuercher-White.**

(2003). Paperback, 200 pages.

C. Alex Pollard, the Director of the Anxiety Disorders centre in Saint Louis and Elke Zuercher-White, agoraphobia expert and author of 'An end to Panic', team up to produce the first self-help resource dedicated to helping you overcome agoraphobia in all its forms. Together they provide clear information about how the disorder develops and practical step-by-step treatment strategies you can use to put an end to your specific fears and symptoms. In an interactive, easy to follow style, this workbook takes you through exposure and desensitisation exercises. By taking it step-by-step, you'll be able to accomplish such feats as walking outside, driving, using public transport, and going to stores and malls. Final sections will help you avoid you relapse, manage setbacks, and find the help and support you need to maintain a healthy, active lifestyle.

***Anxiety, Panic Attacks & Agoraphobia*****By Kenneth Strong**

(1997). Paperback, 70 pages.

This book is designed to give friends, family and support people information and an understanding of anxiety, panic attacks and agoraphobia.

***How to Help Your Loved One Recover From Agoraphobia*****By Karen P. Williams**

(1993). Paperback.

*Agoraphobia and Panic Disorder* author Karen Williams states "...no one can suffer from these types of anxiety disorders without involving their families." Citing research that agoraphobia patients treated with spouses as co-therapists were more improved at follow-up and several years post-treatment than those treated without spouses. Williams proceeds to discuss the nature of panic disorder and agoraphobia, its effects on the patient, and ways in which the designated support person can most effectively be involved in recovery. She feels (p.9) that, no matter what the cause, all sufferers "can improve their condition by changing their lifestyles, reducing stress, and improving their physical well-being."

Most chapters seem designed as much for the sufferer as for the support person, reinforcing the author's special emphasis on open communication. In one particularly

informative chapter, "Determining Whether the Sufferer is Ready to Recover and Finding a Recovery Program", Williams discusses suffering itself as the primary motivation, but recognizes that personal factors and secondary gains may delay the decision to enter treatment. She emphasizes (p.63) "sufferers only get out of treatment what they put into it". They must be ready.