



# Contemporary Diagnosis and Management of Anxiety Disorders

*Philip T. Ninan MD, Boadie W. Dunlop MD*

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Anxiety can take many forms, result in physical and emotional symptoms, and be quite debilitating, especially for patients with extreme manifestations. The diagnosis and treatment can also be complex. This evidence-based handbook, written by two experts in psychiatric disorders, examines the variety of anxiety disorders, the techniques for reaching an accurate diagnosis, and the variety of behavioral and pharmacologic treatments available.

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