

**Acceptance- And Mindfulness-Based Approaches To
Anxiety: Conceptualization And Treatment (Series In
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View Allison Danzig's and mindfulness/acceptance-based approaches, specializing in cognitive-behavioral and acceptance-based treatment of anxiety disorders.

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Expanding Our Conceptualization of and Treatment for Generalized Anxiety Disorder: Integrating Mindfulness/Acceptance-Based Approaches With Anxiety Disorders,

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Keng review of studies on mindfulness

consistent with that of other mindfulness-based approaches (Baer, et al. (2004). Acceptance-based treatment for of Anxiety Disorders, 24, 590

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(Eds.), Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment (pp. 213 240). New York: Springer. Roemer, L.,

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This impressive book is way more than a thoroughgoing review and analysis of a distinctly new approach to treating anxiety, which it accomplishes admirably well.

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