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Anxiety Disorders And How To Effectively Treat Them
By Steven M. Prinz;Margaret Wehrenberg**

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Margaret Wehrenberg, Psy.D., is a Licensed Clinical Psychologist and is the author of *The Anxious Brain*. An expert on the treatment of anxiety and depression, she

The neurobiology of social anxiety disorder |

As an aside to the point made about drug and alcohol abuse. There is also the problem of habituation to prescribed medication for people fighting anxiety.

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