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Edmund J. Bourne, PhD, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped over a million people and have been translated into numerous languages. He currently resides in California and southern Florida.

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His best-selling anxiety workbooks, which have helped hundreds of thousands of readers throughout the world, include The Anxiety & Phobia Workbook, Healing Fear, Beyond Anxiety & Phobia, Coping With Anxiety, and Natural Relief for Anxiety. Dr. Bourne is frequently interviewed by the media, and his work has been featured in numerous magazines, such as Psychology Today, Natural Health, Cosmopolitan, Fitness, and Bottom Line Personal.

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