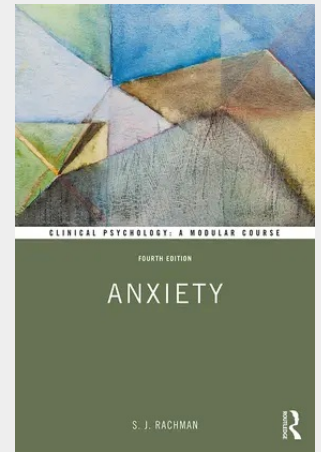


Anxiety

Anxiety is a complex phenomenon and a central feature of many psychological problems. This new edition of *Anxiety*, part of the popular *Clinical Psychology: A Modular Course Series*, updates the remarkable developments that have occurred in the understanding of anxiety and the astonishing dissemination of effective methods of treatment. This book details the growth of positive psychology, with its emphasis on learned optimism and resilience, influencing clinical psychology and psychological therapy, and explains the new concept of prospection, a key element in positive psychology based on the human ability to imagine thoughts and images about the future. It is said that we are influenced by the past but drawn into the future, and this notion has significant implications for anxiety. The recent infusion of positivity into theorising about anxiety has introduced a welcome balance into our understanding of this phenomenon. This informative book covers the latest developments in research, therapy and theorising, containing numerous case-history illustrations about anxiety. It should appeal to practising and trainee psychologists and practitioners in related fields.

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