

# Anxiety Disorders Association of America **BOOKSTORE ORDERS**

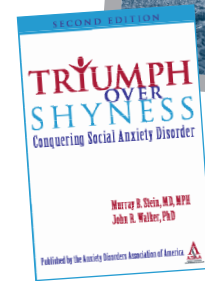


**Facing Panic: Self-Help for People with Panic Attacks** teaches seven steps to break the cycle of panic and regain control of your life. Written by R. Reid Wilson, PhD, *Facing Panic* also includes techniques and exercises to manage and overcome panic attacks and panic disorder.

**Women Talk: Open the Dialogue — Triumph Over Anxiety Disorders** is a beautiful 18-month desk calendar featuring stress-release tips and inspirational stories of real women who have anxiety disorders. And because you fill in the months, the calendar can start at any time.



**Triumph Over Shyness: Conquering Social Anxiety Disorder, Second Edition** emphasizes the importance of a social life that includes friendships and romantic relationships. Written by Murray Stein, MD, MPH, and John Walker, PhD, the book is filled with practical tips, case histories, and helpful techniques, worksheets, and exercises to manage anxious thoughts and physical symptoms.



<b>Facing Panic \$15.00</b>	<b>x</b>	<b>= \$</b>
<b>ADAA Calendar \$11.95</b>	<b>x</b>	<b>= \$</b>
<b>Triumph Over Shyness \$15.00</b>	<b>x</b>	<b>= \$</b>
Subtotal		<b>\$</b>
Donation to ADAA		+
6% tax for Maryland residents		+
Shipping and handling*		+
<b>TOTAL</b>		<b>\$</b>

\*Shipping and handling is \$4.00 for the first item plus \$2.00 for each additional item.  
Example: Shipping costs for one book is \$4.00. Shipping for two books (or one book and one calendar) is \$6.00.

## CONTACT INFORMATION

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 City, State, Zip \_\_\_\_\_  
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## METHOD OF PAYMENT

Check made payable to ADAA  
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 or mail to ADAA Bookstore, 8730 Georgia Ave., Suite 600, Silver Spring, MD 20910.