

TRANSITIONAL AGE YOUTH
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REFERENCE LIST FOR CLIENTS AND FAMILIES

Panic Attacks

Mastery of Your Anxiety and Panic, 3rd edition, client workbook. Craske M.G., Barlow D.H. San Antonio, Texas: The Psychological Corporation, 2000. 1-800-387-7278.

- a self-help book for adults that is usable by most adolescents