



Handbook of Self-Help Therapies

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This volume constitutes the first solidly research-grounded guide for practitioners wending their way through the new maze of self-help approaches. The *Handbook of Self-Help Therapies* summarizes the current state of our knowledge about what works and what does not, disorder by disorder and modality by modality. Among the covered topics are: self-regulation theory; anxiety disorders; depression; childhood disorders; eating disorders; sexual dysfunctions; insomnia; problem drinking; smoking cessation; dieting and weight loss. Comprehensive in its scope, this systematic, objective assessment of self-help treatments will be invaluable for practitioners, researchers and students in counseling psychology, psychiatry and social work, health psychology, and behavioral medicine.

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