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David A. Carbonell, PhD, is a clinical psychologist who specializes in treating anxiety in all its forms. He is author of Panic Attacks Workbook, The Worry Trick, and Fear of Flying Workbook. He is "coach" of the popular self-help site www.anxietycoach.com, and has taught workshops on the treatment of anxiety disorders to more than 9,000 professional psychotherapists in the U.S. and abroad.

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