



Attacking Anxiety & Depression: CD 8 What-if Thinking

Lucinda Bassett

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CD 8 What-if Thinking: Stop imagining and anticipating the worst and learn the amazing rewards of living in the moment. Stresscenter.com's Attacking Anxiety & Depression program was developed by Lucinda Bassett, and Dr. Philip Fisher, MD, who leveraged the skills, methods and techniques of Cognitive Behavioral Modification as the core of the self-treatment process. Since 1983, the program has helped over 1,4 million people to recover from acute stress, anxiety, panic disorder, obsessive worry, and depression.

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Anita Jones:

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Ann Wheeler:

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