TEST ANXIETY REFERENCES

**Anxiety & Stress:**
- The Anxiety and Phobia Workbook by Edmund J. Bourne (New Harbinger, 1995) $17.95
- The Relaxation & Stress Reduction Workbook by Martha Davis, Elizabeth Eshelman, & Matthew McKay (New Harbinger, 1995) $17.95
- An End to Panic by Elke Zuercher-White (New Harbinger, 1998) $17.95
- Talking Back to Automatic Thoughts (The "Cognitive Approach"):
  - Feeling Good by David Burns (Avon, 1980) $5.99
  - Ten Days to Self-Esteem by David Burns (Quill, 1993) $12.95
  - Mind Over Mood by Dennis Greenberger and Christine Padesky (Guilford, 1995) $19.95

**Test Anxiety:**
- Taking the Anxiety Out of Taking Tests by Susan Johnson (New Harbinger, 1997) #12.95
- Reduce Your Test Anxiety!: 128 Strategies to Help You Make the Grade by Robert H. Phillips (Balance-Enterprises-Incorporated, 1996) $6.95
- Test Anxiety Prevention by Howard Rosenthal (Accelerated-Development, 1994) $9.95

**Audio Tapes:**
- Relaxation tapes are available from New Harbinger Publishers. You can order them over the phone at 800-748-6273.