

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
- The Feeling Good Handbook by David Burns (1989)
- 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
- No More Test Anxiety: Effective Steps for Taking Tests and Achieving Better Grades by Ed Newman (Learning-Skills-Publications-LLC, 1996) \$17.95
- 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.
- Especially relevant: "Acquiring Courage: An Audio Cassette Program for treatment of Phobias" by Zev Wanderer, 1991, \$14.95