



Attacking Anxiety & Depression: CD 9 Guilt & Worry

Lucinda Bassett

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CD 9 Guilt & Worry: Techniques that help reduce guilt and worry in your life to produce dramatic, immediate changes. 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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