



# **The War on Terror: Taking Aim at the Anxiety Disorders: A Primer for Sufferers and Loved Ones**

*David Buchanan*

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The consumer reference guide *The War on Terror: Taking Aim at the Anxiety Disorders: A Primer for Sufferers and Loved Ones* is written for a general readership (e.g., sufferers of anxiety disorders and those near and dear to them, and others interested in the topic) and no prior knowledge of the topic is necessary to fully appreciate this book. This book could be used as a text for a psychology or psychiatry course, for instance. In addition, it is the author's hope that medical and psychological clinicians and researchers will gain a fresh perspective on their fields of expertise after reading this book. Ingrid Söchting, Clinical Assistant Professor at University of British Columbia wrote: "I was impressed by the wealth of information and your ability to clearly and succinctly synthesize it all. A wonderful resource for anyone seeking help with or information on anxiety."

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