

**The Pregnancy And Postpartum Anxiety Workbook: Practical Skills To Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, And Compulsions**

**By Pamela S. Wiegartz;Kevin L. Gyoerkoe**



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1. J Clin Psychiatry. 2006 Aug;67(8):1285-98. Anxiety disorders during pregnancy and the postpartum period: A systematic review. Ross LE(1), McLean LM.

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