



# Attacking Anxiety & Depression: Carry Along Cards

*Lucinda Bassett*

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## **Attacking Anxiety & Depression: Carry Along Cards** Lucinda Bassett

Carry Along Cards: Reinforce the skills you learn each week, no matter where you are. Each card reminds you of a key point from a session in the course. It's a powerful resource that reminds you of what you have learned and how far you have come. 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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