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David Carbonell, Ph.D. is a Clinical Psychologist who specializes in treating anxiety. He is the author of four self-help books: Panic Attacks Workbook, The Worry Trick, Fear of Flying Workbook, and Outsmart Your Anxious Brain. He is also the coach of the popular self-help site, anxietycoach, and his books are all available for purchase there.

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David Carbonell outlines such cognitive behavioral methods as diaphragmatic breathing, progressive exposure, desensitization, relaxation, ... (2016) and Panic Attacks Workbook (2004), and the "coach" at www.anxietycoach.com, a popular self-help web site for people recovering from anxiety disorders.

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David A. Carbonell, PhD, is a clinical psychologist who specializes in treating anxiety in all its forms. He is author of Panic Attacks Workbook, The Worry Trick, and Fear of Flying Workbook. He is "coach" of the popular self-help site www.anxietycoach.com, and has taught workshops on the treatment of anxiety disorders to more than 9,000 professional psychotherapists in the U.S. and abroad.

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