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About Dr. Bourne Dr. Edmund Bourne, Ph.D. has specialized in the treatment of anxiety disorders and related problems for more than two decades. For many years he was director of the Anxiety Treatment Center in San Jose and Santa Rosa, California.

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Edmund J. Bourne, PhD, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped over a million people and have been translated into numerous languages. He currently resides in California and southern Florida.

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