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The workbook is helpful and even mentions Cushing's as an origin for severe anxiety and phobia development. I bought this workbook in 2013, before I knew I had Cushing's, because my former counselor recommended it. My anxiety subsided but I kept the book for future reference. Fast-forward to 2018: I'm over a year post-operation and ...

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The workbook is helpful and even mentions Cushing's as an origin for severe anxiety and phobia development. I bought this workbook in 2013, before I knew I had Cushing's, because my former counselor recommended it. My anxiety subsided but I kept the book for future reference. Fast-forward to 2018: I'm over a year post-operation and ...

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