

“The ladder has been built...
Now there is nothing left to do except take your
first step and tackle rung one of your ladder.
Set the time and place and then... go.”

— Manuel D. Zane, M.D.
Founding Director

Do you experience any of the following?

- ♦ Heart palpitations
- ♦ Sweating
- ♦ Faintness/dizziness
- ♦ Hot and cold flashes
- ♦ Shortness of breath
- ♦ Feelings of unreality
- ♦ Fear of losing control or going crazy

If you answered “yes” to any of these, you may have an anxiety disorder. The Anxiety & Phobia Treatment Center can help you overcome your anxieties and start living an independent and joyful life. The treatment techniques developed by The Center work and have a documented success rate of 92%.

The Center treats countless anxieties and stress disorders including:

- ♦ Agoraphobia
- ♦ Panic Disorder
- ♦ Fear of Flying
- ♦ Public Speaking
- ♦ Generalized Anxiety Disorder
- ♦ Social Anxiety Disorder
- ♦ Health Anxiety
- ♦ Specific Phobias
- ♦ Obsessive-Compulsive Disorder

“The [public speaking] group is beneficial because I now know there are others with this problem.

To know others have been where I am and have succeeded is empowering.

The group teaches, in manageable steps, to overcome something I thought I would have to live with the rest of my life.”

- Nancy

“I think the [anxiety & phobia] workshop covers everything—mentally, physically and ‘hands on’ with the counselors.

I would recommend it to everyone. It saved me!”

- Ed

“I wanted to let you know how my life has changed since I took the flying class.

I just got back from the Bahamas.

I am planning on booking another trip soon. Thank you for all that the amazing course gave me.”

- Kathy



41 East Post Road
White Plains, NY 10601
914-681-0600
www.wphospital.org

The Anxiety & Phobia Treatment Center
914-681-1038
www.phobia-anxiety.org