

## **RESOURCES**

Barlow DH. Anxiety and its disorders. 2. New York: Guilford Press; 2002.

Cannon WB. The James-Lange theory of emotions: A critical examination and an alternative theory. American Journal of Psychology. 1927; 39:106–124.

Cannon WB. Bodily changes in pain, hunger, fear and rage. 2. New York: Appleton, Century, Crofts; 1929.

Gallup GG. Tonic immobility: The role of fear and predation. Psychological Record. 1977;27:41–61.

Kabat-Zinn, J. (2009). Wherever you go, there you are: Mindfulness meditation in everyday life. Hachette Books.





