

# Overcoming Health Anxiety

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Author information. David is the author of *Overcoming Obsessive Compulsive Disorder and Manage Your Mood*, along with Rob Willson. He is a consultant psychiatrist in

*Overcoming Health Anxiety: Behavioural and Cognitive Psychotherapy. Using Cognitive Behavioural Techniques* Edited by Rob Willson and David Veale  
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David Veale and Rob Willson are the authors of the bestselling *Overcoming Obsessive Compulsive Disorder, Manage Your Mood, and Overcoming Body Image Problems*, all

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services

Rob Willson ; BDD Documentary (BDD consider reading the book I co-wrote with Dr David Veale called *Overcoming Health* [co.uk/Overcoming-Health-Anxiety-David](http://co.uk/Overcoming-Health-Anxiety-David)

a self-help guide using cognitive behavioral techniques. Willson, Rob; Veale, David. This is the essential book on health anxiety from David Veale, *Health Anxiety; Injection/Needle* and will enable us to continue to support people affected by anxiety disorders David Veale and Rob Willson.

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