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Margaret Wehrenberg is author of The 10 Best-Ever Anxiety Management Techniques: The 10 Best-Ever Anxiety Management Techniques Workbook. By: Margaret Wehrenberg

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Margaret Wehrenberg, Psy.D., is the author of 5 books: The Anxious Brain, The 10 Best Ever Anxiety Management Techniques and the accompanying workbook, The 10 Best

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Margaret Wehrenberg, Psy.D., is the Curriculum Development Director for Candeo's online Depression and Anxiety Program. Her clinical practice is in Naperville, IL.

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