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 - 25. Vernon, "Psychological Effects of Air-Raids."
 - 26. Craske et al., "Maximizing Exposure Therapy."
 - 27. Locke, Thoughts Concerning Education, 109.
 - 28. Marks, Fears, Phobias, and Rituals, 457.
 - 29. Wolpe, Psychotherapy by Reciprocal Inhibition.
 - 30. Marks, Fears, Phobias, and Rituals, 459.
 - 31. Abramowitz, Deacon, and Whiteside, Exposure Therapy, 15.
 - 32. Marks, Fears, Phobias, and Rituals 459.
- 33. Foa et al., "A Comparison of Exposure Therapy"; Ramnerö, "Is There Room for Cognitive Interventions?"; Feske and Chambless, "Cognitive Behavioral versus Exposure Only Treatment"; Marks, *Fears, Phobias, and Rituals.*

- 34. Hofmann and Asmundson, "Mindfulness-Based Therapy."
- 35. LeDoux, Anxious, 259.
- 36. Hofmann, "Cognitive Processes During Fear."
- 37. Siegel and Warren, "Less Is Still More."
- 38. Wolitzky-Taylor et al., "Treatment of Specific Phobias."
- 39. Gould et al., "Treatment for Social Phobia."
- 40. Gould et al., "Generalized Anxiety Disorder."
- 41. Gould, Otto, and Pollack, "Panic."
- 42. Balkom et al., "Obsessive Compulsive Disorder."
- 43. Van Etten and Taylor, "Comparative Efficacy of Treatments."
- 44. Abramowitz, Deacon, and Whiteside, 351.
- 45. Abramowitz, Deacon, and Whiteside, 87.
- 46. Abramowitz, Deacon, and Whiteside, 82.
- 47. Abramowitz, Deacon, and Whiteside, 115.
- 48. Abramowitz, Deacon, and Whiteside, 119
- 49. Rachman, Fear and Courage, 59.
- 50. Vernon, "Psychological Effects of Air-Raids."
- 51. Rachman, Fear and Courage, 7.
- 52. Rachman, 225.

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- 1. Cowen, "Learn Like an Athlete."
- 2. Chi, Feltovich, and Glaser, "Representation of Physics Problems."
 - 3. Barnett and Kowslowski, "Adaptive Expertise."
 - 4. Ayres, "Impact of Reducing Cognitive Load."
 - 5. Carlson, Khoo, and Elliot, "Component Practice."
 - 6. Kluger and DeNisi, "The Effects of Feedback Interventions."

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