



# Test Anxiety Prevention: Revised Edition

*Howard Rosenthal*

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# Test Anxiety Prevention: Revised Edition

*Howard Rosenthal*

## **Test Anxiety Prevention: Revised Edition** Howard Rosenthal

Now available on Compact Disc for the first time, Howard Rosenthal's popular *Test Anxiety Prevention* program is newly revised and digitally re-recorded for enhanced sound quality and convenience. Utilizing desensitization to reduce tension and gain control of emotion, this wonderful resource reveals alternative learning strategies to enhance performance and boost confidence prior to - and during - a test. Also included is a full-length guided imagery session designed to allow the test taker to use visual clues to quickly "relax on command" when sitting down to the test.

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