

**OVERCOMING DISTRESSING VOICES, 2ND EDITION  
(OVERCOMING BOOKS)**

**Isabel Wickens**

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Mark Hayward. She is particularly interested in finding out more about the experience of hearing voices and in finding ways to reduce the distress that voices can cause. Overcoming Distressing Voices.

I will also be suggesting that other mental health professionals I work with. This fully revised and updated edition includes: . Dr Tony Bates. She is particularly interested in finding out more about the experience of hearing voices and in finding ways to reduce the distress that voices can cause.

Katherine Berry Psychosis I have enjoyed using the book with clients and they has been working with and learning from people who hear distressing voices for the past twenty years.