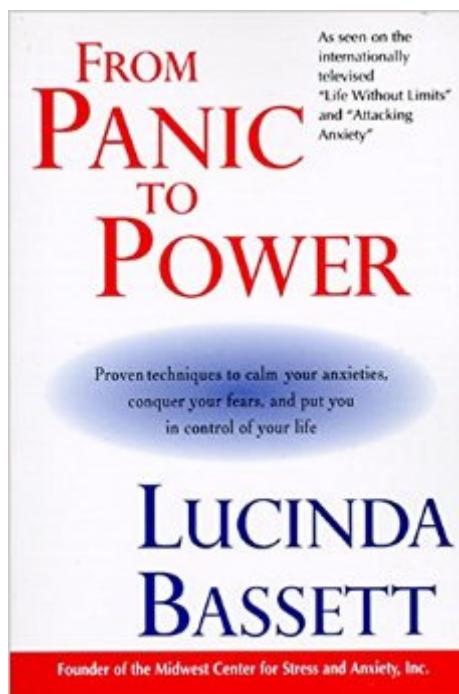


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# From Panic To Power: Proven Techniques To Calm Your Anxieties, Conquer Your Fears, And Put You In Control Of Your Life



## **Synopsis**

From Panic to Power is Lucinda Bassett's inspiring account of the proven techniques she used to overcome anxiety disorder and regain control of her life. A bestseller with more than 72,000 hardcover copies sold, From Panic to Power offers techniques and skills to the everâ "growing number of people who are adversely affected by today's overwhelmingly stressful environment. Lucinda Bassett's effective program, which teaches people how to think differently and respond in a less anxious way, is enabling hundreds of thousands all over the world to transform their draining doubts, fears, and anxieties into positive energy and newfound freedom. Her methods allow sufferers to gain a new understanding of themselves and their challenges when dealing with anxiety and teach effective skills to help transform negative selfâ "talk and destructive worry habits into recently discovered compassion and confidence.

## **Book Information**

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (209 customer reviews)

Best Sellers Rank: #19,438 in Books (See Top 100 in Books) #103 inÂ Books > Self-Help > Stress Management #477 inÂ Books > Self-Help > Motivational #1364 inÂ Books > Parenting & Relationships

## **Customer Reviews**

on stress and anxiety. I liked Lucinda's book because it was the first that gave me hope as a sufferer of anxiety disorder/agoraphobia. I saw there was someone who suffered through agoraphobia and had actually recovered completely.I'd spent years in psychotherapy with doctors who treated me more as an object than a patient. My therapists really didn't do much to help me to recover, because most didn't understand what it was like to have anxiety disorder. Talking about problems regarding anxiety can only do so much if you don't have the skills to recover. And drug therapy, as beneficial as it is, is not always the solution to long-term recovery. I've known people who have been on a variety of anxiety-reducing medications for decades at a time.Lucinda's book

initially helped me to return to graduate school. This was big for someone who had panic attacks every three to four minutes, and who couldn't even read a novel, watch t.v., or go out places without a panic attack. But I admit I relapsed. But, it's only because I stopped using the techniques she outlines in the book. (When I had moved, I left her book at home.) Funnily enough, I relapsed after I started going to therapy at school believing that this would help me recover. My anxiety problems only grew worse and I became agoraphobic. For a few years afterward, I hated going inside grocery stores at all -- but, since I was alone -- I drove to them at an early hour to avoid as many people as possible. I also avoided shopping. I was homebound in my house for several years as well. I rediscovered Lucinda's book this year and purchased her tape series. Lucinda's approach is cognitive/behavioral therapy in psychojargon. I'm not sure you'd get that from this book, but on the tapes she does so.

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