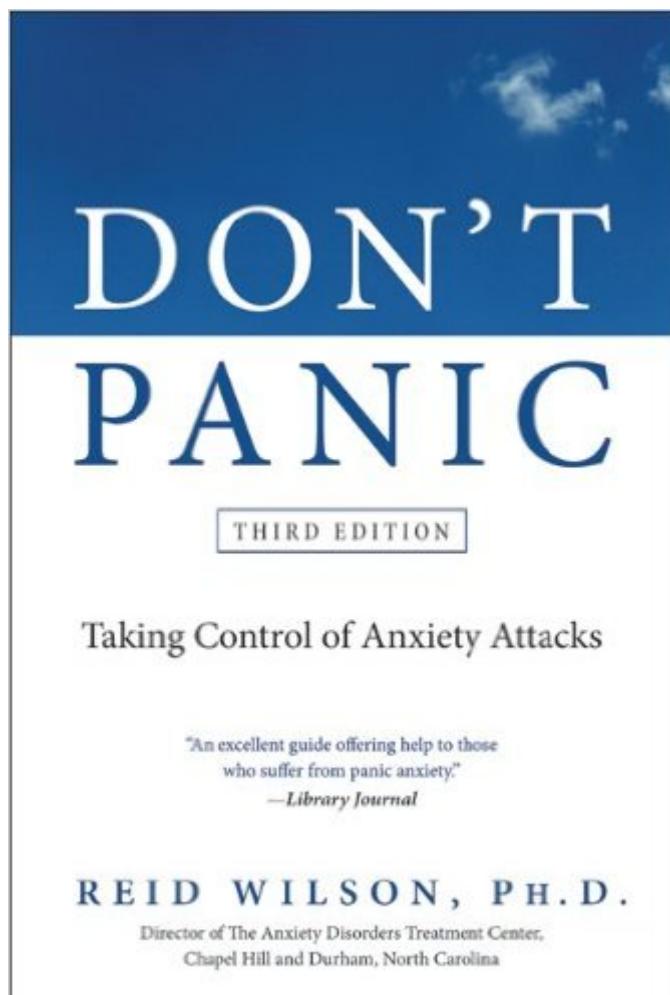


The book was found

Don't Panic Third Edition: Taking Control Of Anxiety Attacks (Newest Edition)



Synopsis

The authority on panic and anxietyâ "newly revised and expandedAre you one of the more than nineteen million Americans who suffer from anxiety? Donâ ™t panic. Newly revised and expanded, this edition offers a straightforward and remarkably effective self-help program for overcoming panic and coping with anxious fears. With insight and compassion, Reid Wilson, Ph.D., demystifies anxiety attacks and provides indispensable advice, including:how a panic attack happens, what causes it, and how it can affect your lifehow to recognize, manage, and control the moment of panichow to control the chronic muscle tensions that increase anxietyhow to conquer fear and face problems with confidencehow to decide which medication is right for youhow to establish reachable goals and rediscover the joy of living

Book Information

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Customer Reviews

This is a wonderful book for anyone who wants clear informatave answers of what this disorder is all about. It helped me in many ways learn to deal with my panic disorder. One of my biggest fears was that my life was becoming very restricted by this disorder. I thought I was going to have to take medication for the rest of my life. With this book I was able to get my life back together without medication. There is a section in the book about the connection between premenstrual syndrome and anxiety. I had a great deal of stress in my life and I found myself very anxious during PMS. He shows in this section that diet has a strong impact on reducing symptoms of anxiety and panic. The book teaches how to refocus our thoughts. This was very helpful for me dealing with my panic disorder because in the past I was very quick to scare myself. If there was even a slight feeling of

fear I would take that fearful thought and run with it causing myself great anxiety and at times panic attacks. By refocusing my thoughts like this book teaches, helped me to control the unrealistic array of scary thoughts from pouring into my head and replacing them with soothing, comforting and believable words. He speaks of breathing techniques and how they help the sufferer gain control of body symptoms in any given situation, from sitting in a dental chair to being locked in a traffic jam. He teaches by maintaining control of your breathing it sends a message to the brain that all is well and there is no need for panic. I would recommend this book to anyone who wants to put an end to this disabling disorder.

This book has helped me more than anything else in my struggle to deal with panic. I've had panic attacks for the last 9 years or so -- since I was 17 -- although I didn't know/wouldn't admit what they were for a long time. I was really on a slippery slope and things were getting so much worse more recently; after reading positive reviews here on , I read this book and it really has changed my life. There is so much material here that it can be a little overwhelming -- but now I am rereading different parts that I now see are relevant, and it's such a tremendous resource. Some readers have said that Dr. Wilson's listing of symptoms made them more anxious; but for me, it was a huge relief to realize that other people suffer from these problems too, and to know that there are symptoms I don't have. I now realize that in struggling with panic I was feeding it, and that I have to learn to relax and not be frightened of having another attack. This is obviously very difficult, but Dr. Wilson's recommended techniques have been very effective for me. I've also realized how much they can benefit my life overall in a very positive way, not just in dealing with the negative aspects of panic attacks, but in helping me enrich my life overall. I feel like I am gaining control of my life again, and it's such a relief! If you are struggling with panic -- or if you are trying to support someone who is -- I can't imagine a better resource than this book .

I used to be embarrassed of my panic and anxiety disorder. I tried to hide it, and deal with it all on my own. I was even embarrassed to buy this book! Thank goodness for the privacy of .com, or I might never have read this fantastic book! The biggest thing that I got out of this book is the fact that I am not alone! And neither are you! The amount of people suffering with anxiety and panic disorders is astonishing! With the knowledge that you are not a "freak", you will keep reading and learn new techniques to keep panic at bay at how to deal with it when it strikes unexpectedly. Don't wait any longer, help yourself gain your life back.

I found this book to be very helpful in understanding panic and it helped me to realize the key to recovery--FACE THE FEAR (symptoms) and stop trying to run from it. The fear of the symptoms and the constant running from them is what perpetuates the symptoms and fears. The book I found the most helpful was Dr. Claire Weekes' book, "Hope and Help For Your Nerves." It was written in the late 60's but it described EXACTLY what I have been experiencing and explained it fully. She also tells you how to overcome this condition successfully. Both of these books tell the truth though, which is...NO, YOU ARE NOT GOING CRAZY--your nerves are just over-sensitized and they need to be re-trained. GOOD LUCK AND GOD BLESS.

Having lived with easily-aroused anxiety for most of my life, I have sought out a variety of supposedly self-help books on this subject. Wilson's book is BY FAR the best I have encountered. There is a balanced content that includes complete current information about the physiology of anxiety and panic attacks, followed by the psychology that often accompanies such attacks, and then step-by-step exercises you can do to help alleviate your symptoms. Armed with both the knowledge of what's happening and the skills to help counter anxiety symptoms, I have been able to make significant strides in staying calm while normally stress-provoking events occur.

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