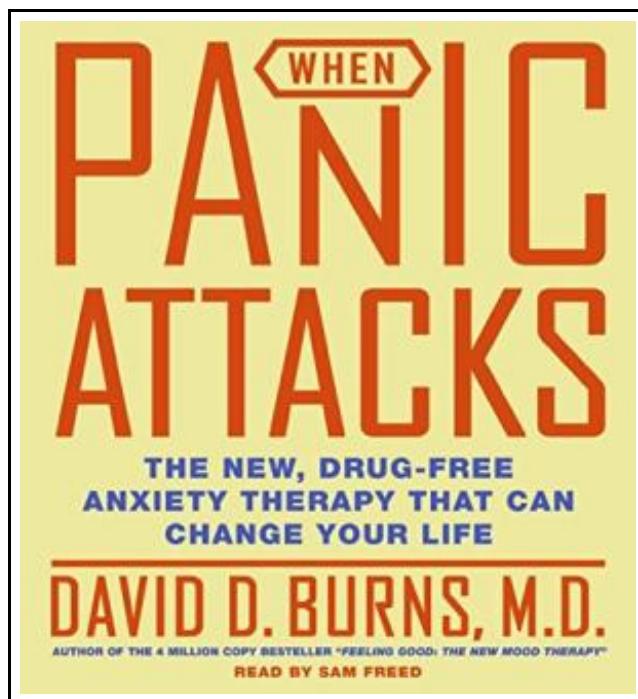


When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life



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HarperCollins, 2006. CD-Audio. Book Condition: New. Abridged. 142 x 122 mm. Language: English . Brand New. For anyone who is worried sick and sick of worrying, the bestselling author of Feeling Good will show readers the proven, drug-free way to put worry, panic, and fear to rest. Are you plagued by fears, phobias, or panic attacks? Do you worry about your job, your family, work, your health, or relationships? Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurity? What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest ills. When you're anxious, you're telling yourself things that aren't true. Now imagine what it's like to live a life that's free of worries and self-doubt; to go to sleep at night feeling peaceful and relaxed; to overcome your shyness and have fun with other people; to give dynamic presentations without worrying yourself sick ahead of time; to enjoy greater creativity, productivity and self-confidence. In When Panic Attacks, Dr. Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they sometimes do more harm than good. When Panic Attacks is an indispensable handbook for anyone who's worried sick and sick of worrying. Read by Sam Freed.



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