



Living With It: A Survivor's Guide To Panic Attacks Revised Edition

Bev Aisbett

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The classic guide for panic attack sufferers - now fully revised and updated. Panic attacks - approximately 5% of the population will experience them at some time or another. the dread of having an attack - they seemingly come out of nowhere - transforms the ordinary world of everyday life into a nightmare of anxiety and suffering. Author Bev Aisbett, a survivor of Panic Syndrome, has three basic messages: You can beat this You are not alone You will recover Originally published in 1993, this calm, commonsense guide has helped many thousands of panic attack sufferers to overcome their fears. Bev Aisbett explains how panic disorders develop and how to recognise the symptoms, and covers topics such as changing negative thought patterns, seeking professional help and, ultimately, the skills for recovery. Now fully revised and updated, LIVING WIt It provides much-needed reassurance and support, showing the way out of the maze of panic with humour and the insight of first-hand experience.

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