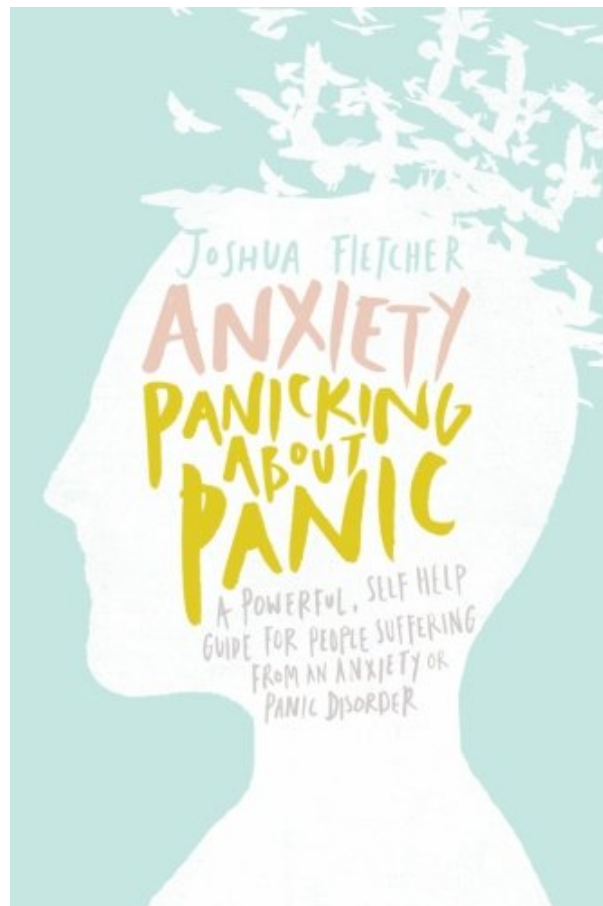
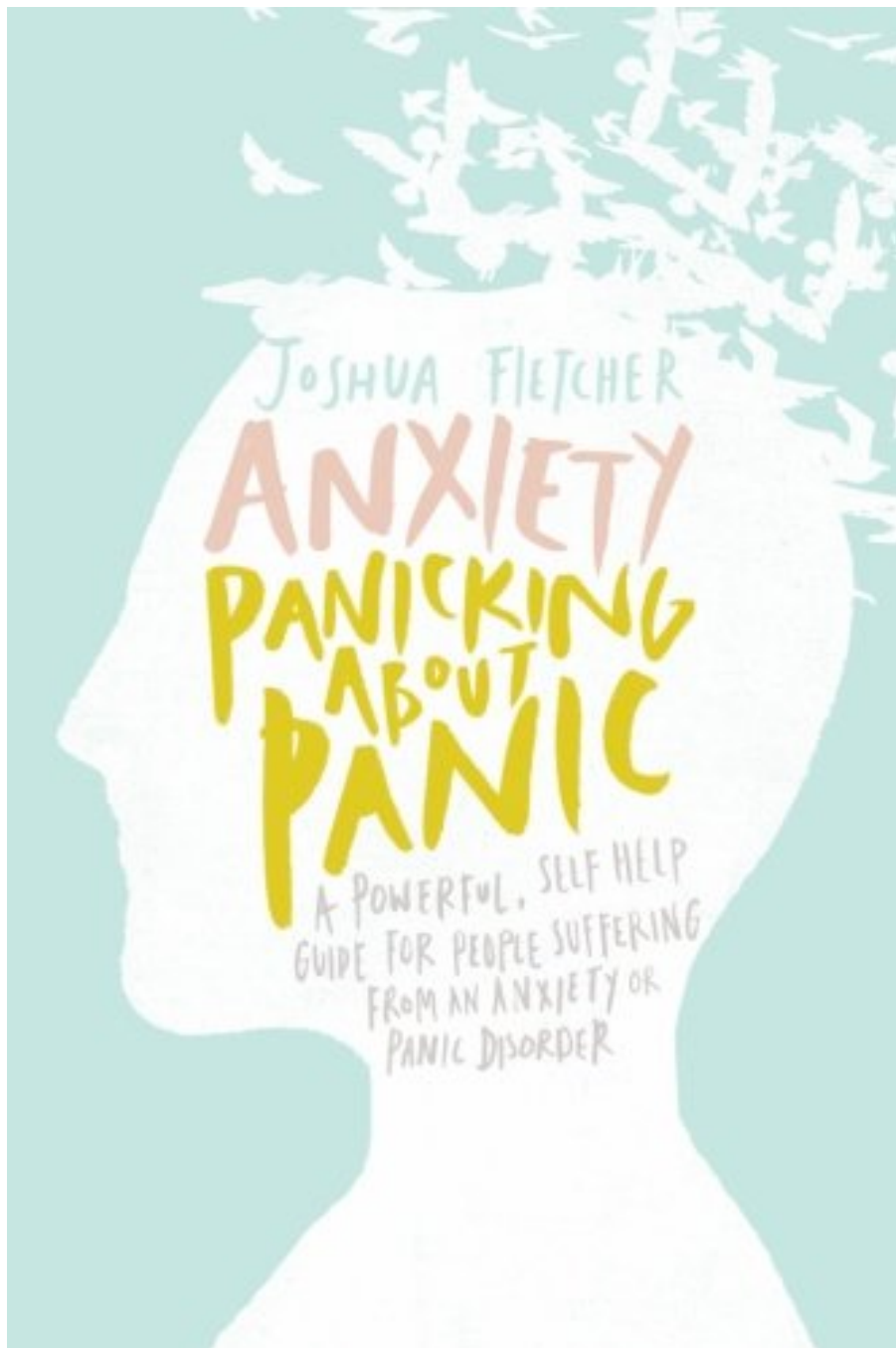


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*Anxiety: Panicking About Panic* has a reassuring and optimistic tone. It explains panic attacks in objective terms to help demystify the terrifying experience of actually going through them. The explanations are accompanied by ways to offset the panic. Overall it's an easy and accessible read with plenty of information that readers can put into practice immediately. The book has been written from the perspective of someone who has been through [anxiety] and come out on the other side with a story to tell. - Barb Nefer, WebPsychology

[When] it comes to dealing with anxiety and panic, the author points out exactly what we need to do. He simplifies all the points and makes them easier to remember. That's absolutely necessary in case of emergency panic attacks in which case we can't actually remember paragraphs from a book. Overall, It's a good book and I would suggest anyone to get it who is suffering from anxiety. - William James, Goodreads

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Anxiety: Panicking about Panic is a highly informative, self-help guide for people who suffer from frequent anxiety and panic attacks. The book has also been tailored for those who have been diagnosed with an Anxiety or Panic Disorder. This easily accessible, non-complex book has already helped thousands of people from around the world who suffer from the debilitating symptoms caused by an anxiety condition.

The book has been written from the perspective of Joshua - someone who suffered from panic attacks for years as a result of a trauma and a self-destructive thought routine. It has been designed to be accessed for all those who are affected by the symptoms of anxiety disorder, but is especially helpful for those who suffer from anxiety and panic attacks on a daily basis. This book has been quoted to work effectively at calming the symptoms of anxiety within 20 minutes. Try it for yourself! "This is the best book on anxiety and panic attacks I have ever read. My anxiety has dramatically lowered." Hayley, Lancashire.

Anxiety: Panicking about Panic addresses the confusion, the various feelings, the many symptoms and the negative externalities that an anxiety and panic disorder can cause. It then immediately addresses these issues so the reader can quickly get their life back on track.

This book begins with a comprehensive list of symptoms that relate to anxiety, although it primarily addresses anxiety's main symptoms which consist of unexplainable panic, panic attacks, derealisation, hypochondria, continuous fear and hypersensitivity. Joshua believes that these are the root cause of all of the other physical problems that can arise with anxiety, such as heart palpitations, chest pains, headaches, insomnia, dizziness etc.

This book is then split into four main parts: the first part covers the basics of anxiety, panic and what's happening within our mind and bodies when we find ourselves panicking. It is common, when reading this part of the book, that it imparts a strong form of relief for the reader, as it provides an essential tool needed for the recovery process - an understanding of what's actually going on.

Part two is a detailed list of the symptoms that can occur with anxiety and panic disorder. It is set out using a 'What?' and 'Why?' format to simplify and explain why such symptoms occur.

Part three offers further information and practical advice to keep anxiety and panic at bay and part four is a short 'emergency relief' section written for those who are experiencing a panic attack. This book has already sold thousands of copies worldwide - receiving really positive feedback and changing lives for the better. Many readers have commented on Amazon about how it has significantly reduced their overall anxiety, as well as stopping panic attacks for good.

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- Published on: 2014-05-02
- Original language: English
- Number of items: 1

- Dimensions: 9.00" h x .35" w x 6.00" l, .47 pounds
- Binding: Paperback
- 138 pages

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0 of 0 people found the following review helpful.

Best Anxiety Book Ever

By Amazon Customer

Really really love this book. It actually is written from a person that has gone through it. Everything written are facts not medical opinions. I recommend this book to anyone who has, have, or knows someone suffering with Anxiety. I had anxiety and panic attacks almost 10 years ago and suddenly one day I realized it was gone. About almost a year ago they came back I couldn't grasp why or how I was able to cease the panic attacks 10 years ago, to figure out what to do now. This book opened my eyes so wide. Not only do I know how they previously ended. I know where they arose from and how to stop them again for good. It's not a simple snap and it is a battle but you have to be willing and ready. Mind you, not once have or will I take meds to suppress what I can fix. Love this book definitely gets 5 stars from me!

2 of 2 people found the following review helpful.

Amazing!

By A Customer

Through my journey with anxiety/panic I've read many books and this one I must say is one of the best. It's informative, comforting, and I can't say enough about how helpful it's been.

2 of 2 people found the following review helpful.

Five Stars

By judi cohen

For Anyone suffering from anxiety and or panic attacks this is a must read.

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