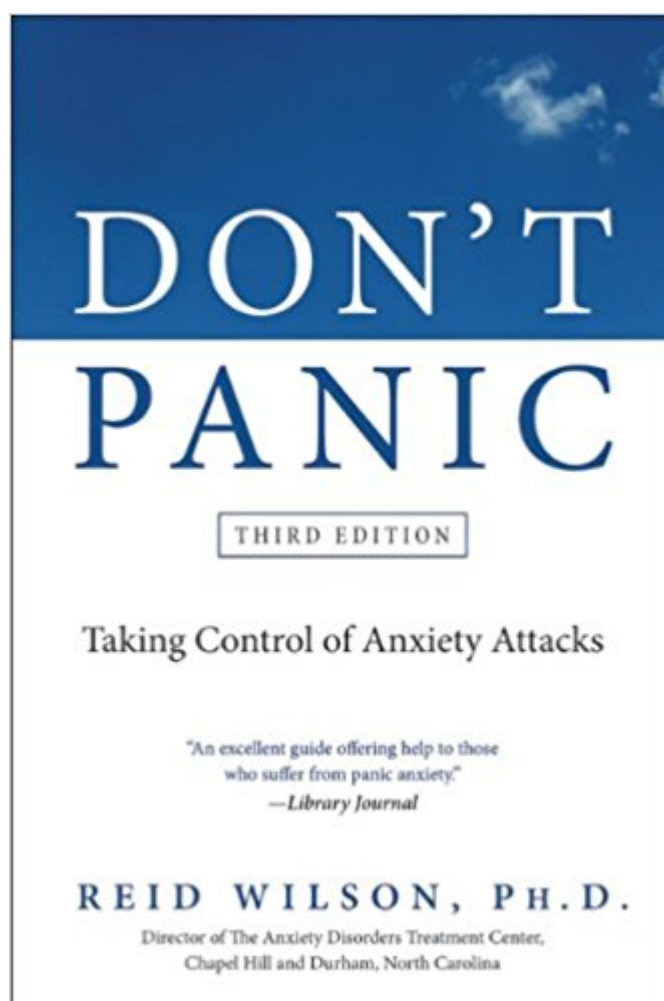


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# Don't Panic Third Edition: Taking Control Of Anxiety Attacks (Newest Edition)



## Synopsis

The authority on panic and anxiety—newly revised and expanded. Are you one of the more than nineteen million Americans who suffer from anxiety? Don'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 life how to recognize, manage, and control the moment of panic how to control the chronic muscle tensions that increase anxiety how to conquer fear and face problems with confidence how to decide which medication is right for you how to establish reachable goals and rediscover the joy of living

## Book Information

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## Customer Reviews

This excellent guide offers help to those who suffer from panic anxiety. Part 1 discusses panic-like symptoms and their relation to both physiological and psychological disorders, while Part 2 recommends ways to eliminate or reduce those symptoms. As the book explains, psychological panic disorder is the body's emergency response, inappropriately triggered by a faulty belief system, to a situation perceived as threatening. Sufferers are given the tools to restore calm, including the means to develop an internal "supportive observer" that can assess the situation more accurately, provide alternative courses of action, and draw attention away from negative, self-defeating thoughts. For therapists as well as their clients. Bonnie Hoffman, C.S.W., North Fork Counseling Service, Mattituck, N.Y. Copyright 1986 Reed Business Information, Inc. --This text refers to an out

of print or unavailable edition of this title.

Psychologist Reid Wilson, Ph.D., is an internationally recognized specialist in the treatment of panic and anxiety disorders and the coauthor of *Stop Obsessing: How to Overcome Your Obsessions and Compulsions*. He is in private practice in Chapel Hill, North Carolina, and is an associate clinical professor of psychiatry at the University of North Carolina School of Medicine.

This is a wonderful book for anyone who wants clear informative 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 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.

I wish this book had a title that better reflected its broader scope. By no means only about panic attacks or panic disorder, it's a terrific book about managing anxiety in general. The author was ahead of his time, writing about the inner observer (worried, critical, hopeless or independent). Without ever using the word "mindfulness," he makes that concept highly accessible. In more than 20 years as a therapist, I've never found a better book on anxiety.

This book is filled with HOPE for those who suffer daily from panic/anxiety attacks like I do right now. My attacks happen between 12:00pm-3:00pm in the afternoon. With this book it has greatly

diminished the panic/anxiety because I am following his advice. I HIGHLY recommend this book to anyone who suffers from this disorder. I've only had this book four weeks and it has made all the difference in me trying to regain and live a good quality of daily life. I've been afflicted with this disorder for at least 25 years. Mary from Wisconsin

Great info, great practical info, great testimonies and info on medications, exercises to help with anxiety. Highly recommend it. Sharon California

Life saving book! Recommend to anyone I encounter struggling with anxiety. When I first started confronting my anxiety I would highlight helpful ideas as I read and then reread them anytime I was losing control of my anxiety. I am in a totally different place now and have this book and a short course of therapy sessions to thank for it!

on time and as expected!

The terminology in this book helped me finally give a name to the things I deal with. Having the words to communicate both in therapy and with those who support me, I've been able to make strides I wouldn't have otherwise. Forever grateful for this book.

I have read many books on panic and anxiety. This book had a way of getting right to the exercises and techniques that really manage panic effectively. I still have a list of these techniques in my IPAD for reference. He encourages you to really and fully take back your life by moving past crutches. If you are struggling, get this book and set yourself free. It will take a commitment on your part to practice but it is well worth it.

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