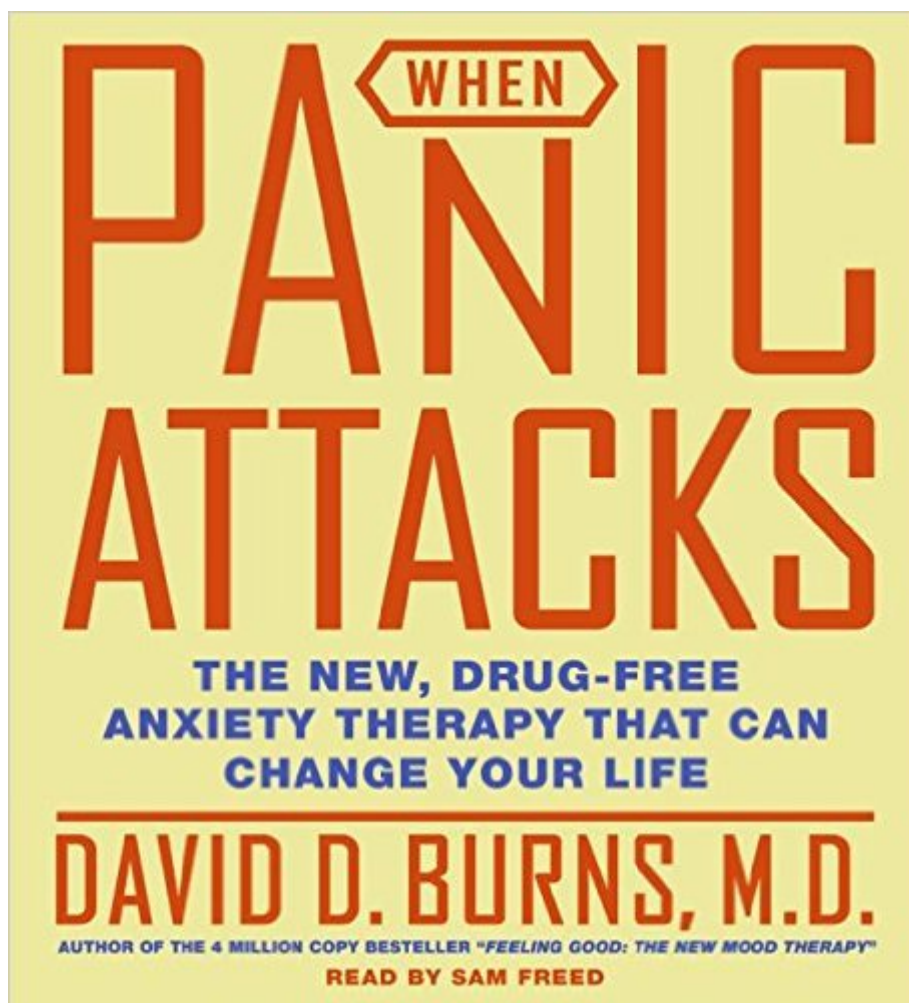


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# When Panic Attacks CD: The New, Drug-Free Anxiety Treatments That Can Change Your Life



## Synopsis

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 cons. When you're anxious, you're telling yourself things that aren't true. Now imagine what it be 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

## Book Information

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## Customer Reviews

"When Panic Attacks" is mainly a collection of case studies that demonstrate different ways to identify and conquer various sources of anxiety. I have never read David Burns's book "Feeling

Good," which is mentioned several times in this 3-CD set, but from reading other reviews, some case studies and ideas from that book may be repeated here. Disc 1 discusses the cognitive model for combating anxiety. In this model it is explained that you feel the way you think, that anxiety stems from distorted, illogical thoughts, and when you change the way you think, you can change the way you feel. One technique used in the case studies, is to keep asking one's self that, if a certain anxiety-provoking event occurs, what would happen? The point in this technique is to get to the source of the anxiety. Another technique used is the exposure model where one submerges one's self in the activity or experience that causes anxiety. I found it humorous how so many of the case studies involved the higher echelon of society (I guess people who could afford therapy). A highly-successful attorney suffers from constant worry he might eventually lose a case. A biology teacher and 5-time Teacher of the Year is afraid of becoming a father, especially after attacking a burrito (yes, you read that right). Then there is a hunk who can't get a date because he is self-conscious about his body odor. On disc 2, we hear about a top student pilot who is afraid his friends will look down on him if he doesn't ace his exams. There is the woman who once suffered from panic attacks who ends up writing a novel. Even David Burns had to overcome his fear of blood when he was a medical student.

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