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Overcoming Panic and Agoraphobia

By Derrick Silove

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Panic and Agoraphobia, Derrick Silove, A Books on Prescription Title Overcome the crippling effects of panic attacks and agoraphobia Do you sometimes feel overwhelmed by feelings of panic that seem to come from nowhere and yet feel terrifyingly real? Do you avoid certain situations because you think you'll experience a panic attack? If so, this step-by-step self-help course can give you the necessary skills to overcome and prevent such attacks and the associated agoraphobia. Based on cognitive behavioural therapy techniques and the authors' many years of experience and expertise in treating this disabling condition, it offers an indispensable guide for anyone affected, including sufferers, their friends and families, psychologists and those working in the medical profession. Explains the many forms and causes of panic Contains a complete self-help program and monitoring sheets Is based on clinically proven techniques of cognitive therapy.



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