



The Panic Attack Recovery Book: Step-by-Step Techniques to Reduce Anxiety and Change Your Life-Natural, Drug-Free, Fast Results

Shirley Swede, Seymour Jaffe

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Now sufferers can attack panic--before it attacks them. This seven-step, drug-free program--written jointly by a physician and a recovered sufferer--explains what goes on in the body when panic disorder strikes, and how it can be controlled. With behavioral techniques, fitness and nutrition plans, and inspiring, encouraging true stories, this book brings new hope to people with panic disorder, agoraphobia, and other anxiety-related conditions.

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