

## **BOOKS FOR ANXIETY AND PANIC ATTACKS**



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### **Panic Attacks And Anxiety Attacks Panic Disorder**

What Is Panic Disorder? Panic disorder is characterized by repeated panic attacks. A panic attack is a sudden rush of strong fear or discomfort that is accompanied by a cluster of physical and cognitive symptoms, including heart palpitations, shortness of breath, dizziness, trembling, and fears of dying, going crazy, or losing control.

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Everyone feels anxious now and then. It s a very normal emotion that might strike before we write a test, speak publicly or make an important decision. This is different from anxiety disorders, however. Anxiety disorders affect over 18% of the American population alone, and develop as a result of

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### **Panic attack Wikipedia**

People who have repeated, persistent attacks or feel severe anxiety about having another attack are said to have panic disorder. Panic disorder is strikingly different from other types of anxiety disorders in that panic attacks are often sudden and unprovoked. However, panic attacks experienced by those with panic disorder may also be linked to or heightened by certain places or situations

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