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## Welcome to My Panic Attacks: My Struggle to Win Against Physical and Psychological Hell (and Other Really Bad Dysfunctional Things!) a Memoir

By Adam K Elliot

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to My Panic Attacks My Struggle to Win Against Physical and Psychological Hell (And Other Really Bad Dysfunctional Things!) A Memoir If you suffer from panic attacks, or if you care about someone who suffers from them, you need to read this book. Panic attacks can destroy one's life. I know, because it destroyed mine for many years. My life was a succession of doctors, both competent and incompetent. The incompetent ones didn't recognize that my panic attacks were real and not just a figment of my imagination or an extreme form of hypochondria. The challenge is that not many people know about panic attacks! Add to the mix a dysfunctional family, a crazy boss, a vengeful ex-wife, a tumor in the head, and a litany of drugs, and you'll have an idea of the journey you'll be taking with me as you read about my struggles. But the good news is that there is life and light at the end of the tunnel. In my new memoir, you will experience my pain,...



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