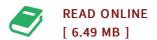




When Panic Attacks The New, Drug-Free Anxiety Therapy That Can Change Your Life

By David D. Burns M. D.

Harmony. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 9.1in. x 6.1in. x 1.0in. Are you plagued by fears, phobias, or panic attacks Do you toss and turn at night with a knot in your stomach, worrying about your job, your family, work, your health, or relationships Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurityWhat you may not realize is that these fears are almost never based on reality. Anxiety is one of the worlds oldest cons. When youre anxious, youre actually fooling yourself. You are telling yourself things that simply arent true. See if you can recognize yourself in any of these distortions: All-or-Nothing Thinking: My mind will go blank when I give my presentation at work, and everyone will think Im an idiot. Fortune Telling: I just know Ill freeze up and blow it when I take my test. Mind Reading: Everyone at this party can see how nervous I am. Magnification: Flying is so dangerous. I think this plane is going to crash! Should Statements: I shouldnt be so anxious and insecure. Other people dont feel this way. Emotional Reasoning: I feel like Im on the verge of cracking up!Self-Blame: Whats wrong with me Im...



Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III