



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 insecurity? What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest cons. When you're anxious, you're actually fooling yourself. You are telling yourself things that simply aren't 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 I'm an idiot. Fortune Telling: I just know I'll 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 shouldn't be so anxious and insecure. Other people don't feel this way. Emotional Reasoning: I feel like I'm on the verge of cracking up! Self-Blame: What's wrong with me? I'm...



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An extremely wonderful book with lucid and perfect information. It is one of the most awesome publications I have read. Your life period will probably be enhanced the instant you start 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. It's been written in an exceptionally simple way in fact it is just right after I finished reading this ebook where it actually transformed me, altered the way I really believe.

-- Dr. Celestino Spinka III