



# An Introduction to Coping with Panic

By Charles Young

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Panic, Charles Young, Panic affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy. Written by an experienced practitioner, this introductory booklet explains what panic attacks are and how they make you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. How panic attacks develop and what keeps them going. The link between your thoughts and your panic attacks. Case studies. Breathing techniques.



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