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# Anxiety, Panic, Stress & Fear

2.4 

Title: **Overcoming Panic**

Author(s): **Silove & Manicavasagar**

Publisher: **Robinson**

Year: **1997**

ISBN: **1854877011**

Anxiety, Panic,  
Stress & Fear 2.4

- Uses cognitive behavioural techniques to give the reader better coping skills to overcome and prevent panic attacks and agoraphobia
- Introduces the various forms and causes of panic
- Offers ways in which panic attacks can be managed, allowing the reader to recognize:
  - When they are anxious
  - How to control their panic attacks
  - How to deal with physical sensations
  - How to change unhelpful thought patterns
- Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide

(127 pages)

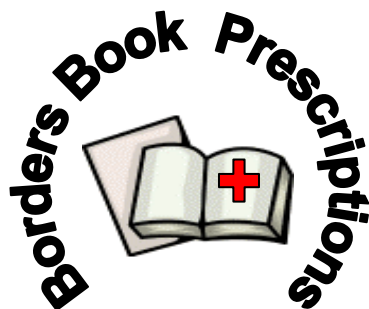
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