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## The Everything Guide to Coping with Panic Disorder: Learn How to Take Control of Your Panic and Live a Healthier, Happier Life

By Rudolph C. Hatfield

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Everything Guide to Coping with Panic Disorder: Learn How to Take Control of Your Panic and Live a Healthier, Happier Life, Rudolph C. Hatfield, Conquer panic once and for all! Have you ever felt your heart race out of control for no reason? Everyone gets a little anxious now and again, but sometimes worry and fear can reach unhealthy limits. Panic disorder is a serious condition with symptoms that include sudden attacks of fear and nervousness, as well as physical symptoms such as sweating and a racing heart. With The Everything Guide to Coping with Panic Disorder, you'll learn how to gain control over panic and anxiety with a variety of helpful approaches. This guide includes information on: \* Symptoms and warning signs of panic disorder \* How stress and anxiety affects you physically \* Professional treatments and therapies \* Self-help anti-anxiety techniques you can do at home \* Living with panic disorder With detailed information treatments such as cognitive behavioral therapy, medication, and mindfulness exercises, The Everything Guide to Coping with Panic Disorder will give you an arsenal of anti-anxiety techniques so you can stop panic before it starts.



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