## Psychology Tools for Overcoming Panic (Paperback)



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#### Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

## PSYCHOLOGY TOOLS FOR OVERCOMING PANIC (PAPERBACK)



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Psychology Tools, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Nearly one person in every four will experience a panic attack at some point in their lives. Panic brings feelings like a racing heart, lightheadedness, and sweats or chills. It can leave us feeling frightened, and make us worry that we are losing control. A little bit of anxiety can be helpful for keeping us on our toes - but when it gets too much panic can become debilitating. This helpful workbook will teach you everything you need to know about panic. Drawing upon the latest research Psychology tools for overcoming panic takes a cognitive behavioral therapy (CBT) approach to this common anxiety problem. CBT is an evidence-based therapy for panic, and has been demonstrated to be effective when delivered face-to-face or as self-help. The workbook will walk you through all the exercises you need to overcome your anxiety and reclaim your life.

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