

<<Overcome Panic And A>>

图书基本信息

书名：<<Overcome Panic And Anxiety - 121 Tips , Advice And Resources For Calmer Living克服恐慌与焦虑的121个提示、忠告与方法>>

13位ISBN编号：9781906465322

10位ISBN编号：1906465320

出版时间：2008年10月

出版时间：Capstone (2008年10月1日)

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页数：74

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内容概要

More than one in ten people suffer from a panic or anxiety disorder that dramatically interferes with their normal life . It can prevent you from doing simple , regular everyday activities like driving a car,going to the supermarket , attending a play or film , or even getting into a lift. Overcome Panic and Anxiety provides valuable and realistic insights to help you understand and deal with this often overwhelming condition It features 121 practical tips including breathing and distraction techniques , systematic desensitisation and advice on learning how to centre yourself . The special chapter introductions , coupled with expert advice from mental health professionals . will enable you to use the tips effectively . Linda Manassee Buell a recovering agoraphobic brings the book to life with personal journal entries reflecting on her years of suffering Written from her unique perspective , Linda shows you how to move beyond the symptoms to live a better quality of life . Overcome Panic and Anxiety is a fresh approach to coping with the condition and an effective guide to understanding the challenges sufferers experience .

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