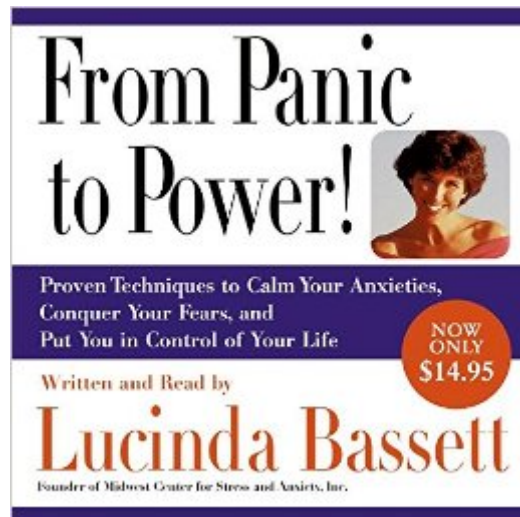


The book was found

From Panic To Power



Synopsis

Lucinda Bassett overcame crippling anxiety-panic disorder to create a highly successful Attacking Anxiety program. This audio is a combination of her personal story and her program. The tape contains techniques and skills that the program teaches, as well as case histories and testimonials from participants. This is an account of one woman's journey from fear, anxiety and panic to success, personal power and peace of mind, with direct, gritty, powerful advice on how anyone can change their life for the better.

Book Information

Audio CD: 176 pages

Publisher: HarperAudio; Abridged edition (December 26, 2007)

Language: English

ISBN-10: 0061441856

ISBN-13: 978-0061441851

Product Dimensions: 5.8 x 0.4 x 5.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (25 customer reviews)

Best Sellers Rank: #174,646 in Books (See Top 100 in Books) #228 inÂ Books > Books on CD > Health, Mind & Body > Personal Growth #229 inÂ Books > Books on CD > Health, Mind & Body > Self Help #543 inÂ Books > Health, Fitness & Dieting > Mental Health > Emotions

Customer Reviews

This book has really been helping me. A person needs to look outside the box when reading this and really want to be helped with anxiety. Yes every story will not be like yours but its what you take out of it that matters. I was prescribed to read this book by a doctor because even medicine was not helping me. I am now slowly getting better and learning to control my thoughts and feelings with the ideas in this book.

This turned out to be something of a waste. The author's earnest voice was actually annoying as we the listeners are captive audience to her pep talk. Didn't care for this at all....it was lamentably short on specifics; just many examples out of her life and experiences, too specific to do much good. I wanted to like this, really I did, but this recording feels very very dated and a lot like cheerleading rather than AP psychology class.

Touches on all the major points relating to overcoming your anxiety. It's like a crash course in cCBT (cognitive behavioral therapy). The author does an excellent job of providing examples of how to overcome negative thinking, however it's up to YOU to put it into action!

I thought this was a great book! I already own the CD/DVD set, and the info is pretty much the same as this book. I knew that going in however from reading reviews like this one before I purchased it. This is useful information and I wanted to have both the book and the discs. I have recommended this book a few times, and most of the people I talked to about it liked it as well. If you are having panic attacks, the best thing you can do for yourself is to understand what they are and why they happen...when the fear of them is gone, they often end right away or soon after. Then you can begin to work on the underlying problems. This book addresses all of those things. Lucinda's techniques helped me very much and I would highly recommend this book and the CDs as well.

I was introduced to Lucinda Bassett by my oldest daughter, and I wholeheartedly recommend this book to anyone who suffers from any type of anxiety. It is refreshing, and very helpful. I find myself using many of her ideas whenever I come across stressful situations, they really work!

I saw Lucinda on Oprah and what she had to say resonated with me. I bought her book and it was very helpful. Lately I have been under a lot of stress so I thought I needed a review. Hearing Lucinda saying what was in the book and being able to listen as I did my work was very helpful and calming. It could be a little more in depth, but I probably need the next step or book for that.

First of all the CD arrive a couple days outside of the time promised. Second, the CD in a damaged case wasn't good...I returned it (I picked up the cost) and then was sent a replacement and it took some time to get to me. Regardless, I appreciated the effort by vendor to get a replacement to me...hence they did get 4 stars. What about the CD? The CD was a reminder on what I had forgotten years ago...I'm O.K. you're O.K. It reminds me of what was shared by someone who turned me onto Transactional Analysis and how you can really program yourself to feel good about yourself...again, "I'm O.K. you're O.K." Also touched upon how to handle stress, anger, panic attacks (breathing exercise). It was a reminder not to worry so much and not to put too much pressure upon yourself and if you really think (or not think too much) about it you can end up creating your own "demons". I guess what I'm trying to convey is this CD helped remind me of what I needed to start doing again! Sooo...I gave it 5 stars. For those who have had no counseling in handling anxiety, stress,

panic attack, depression. I would I recomend it. However, please get help if you are dealing with aformentioned issues...believe me sometimes counseling (individual / group) can help.

I enjoyed listening to the CD From Panic to Power.I purchase the CD for my friends and daughters.Now, instead of going to the emergency room whenI feel shakey or pains all over I just talk tomyself. It is aniexty and It will pass.Lucinda Bassett's voice is soothing and her words of wisdom make you believe you can have a normallife.

[Download to continue reading...](#)

The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks Beginning Power BI with Excel 2013: Self-Service Business Intelligence Using Power Pivot, Power View, Power Query, and Power Map Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 From Panic to Power Between Breaths: A Memoir of Panic and Addiction Don't Panic - Dinner's in the Freezer: Great-Tasting Meals You Can Make Ahead The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Bubonic Panic: When Plague Invaded America Scheduling and Budgeting Your Film: A Panic-Free Guide Panic, Prosperity, and Progress: Five Centuries of History and the Markets (Wiley Trading) Dare: The New Way to End Anxiety and Stop Panic Attacks Fast The Midnight Assassin: Panic, Scandal, and the Hunt for America's First Serial Killer Panic in the Loop: Chicago's Banking Crisis of 1932 Help With Panic Attacks When Panic Attacks CD: The New, Drug-Free Anxiety Treatments That Can Change Your Life High Impact Data Visualization with Power View, Power Map, and Power BI Revolution 2.0: The Power of the People Is Greater Than the People in Power - A Memoir Practicing the Power of Now: Teachings, Meditations, and Exercises from the Power of Now Pathways To Pure Power: Learning the Depth of Love's Power (Spirit-Filled Life Bible Discovery Guides)

[Dmca](#)