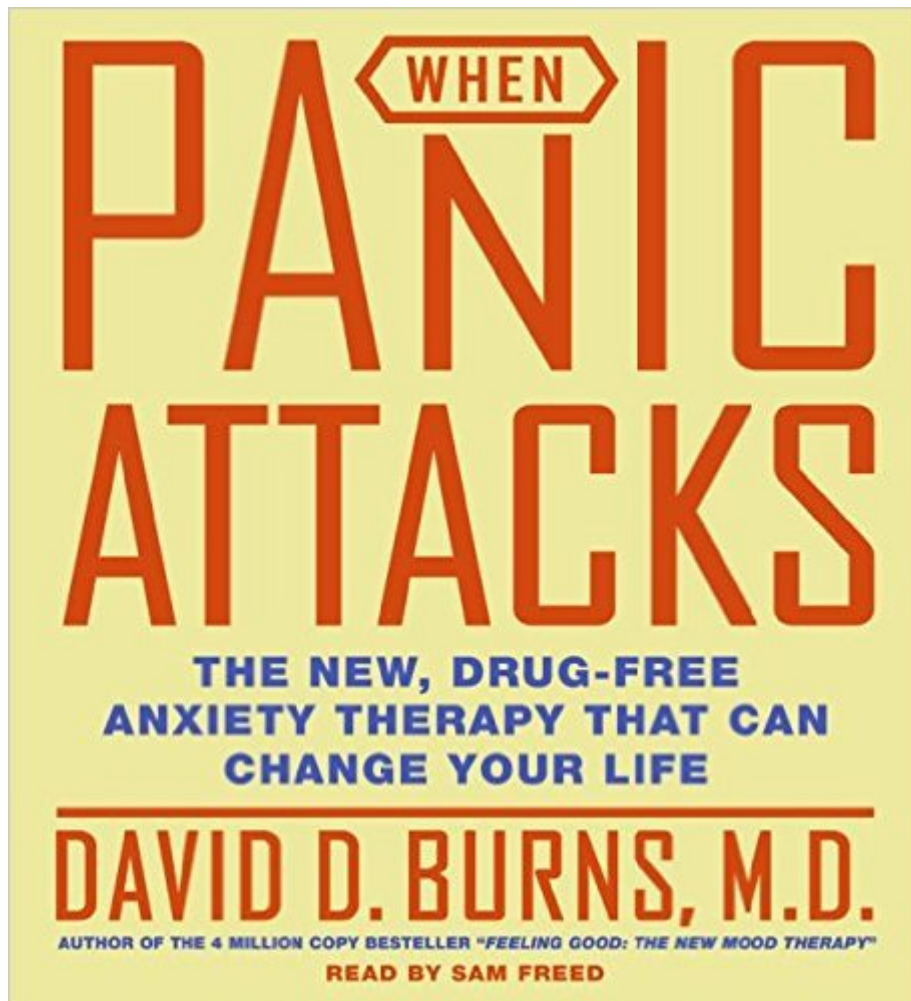


The book was found

When Panic Attacks CD: The New, Drug-Free Anxiety Treatments That Can Change Your Life



Synopsis

For anyone who is worried sick and sick of worrying, the bestselling author of *Feeling Good* will show readers the proven, drug-free way to put worry, panic, and fear to rest. Are you plagued by fears, phobias, or panic attacks? Do you worry about your job, your family, work, your health, or relationships? Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurity? What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest cons. When you're anxious, you're telling yourself things that aren't true. Now imagine what it be like to live a life that's free of worries and self-doubt; to go to sleep at night feeling peaceful and relaxed; to overcome your shyness and have fun with other people; to give dynamic presentations without worrying yourself sick ahead of time; to enjoy greater creativity, productivity and self-confidence. In *When Panic Attacks*, Dr. Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they sometimes do more harm than good. *When Panic Attacks* is an indispensable handbook for anyone who's worried sick and sick of worrying. Read by Sam Freed

Book Information

Audio CD

Publisher: HarperAudio; Abridged edition (May 9, 2006)

Language: English

ISBN-10: 006057710X

ISBN-13: 978-0060577100

Product Dimensions: 5.7 x 5.3 x 0.6 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #205,375 in Books (See Top 100 in Books) #275 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #276 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #276 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

"When Panic Attacks" is mainly a collection of case studies that demonstrate different ways to identify and conquer various sources of anxiety. I have never read David Burns's book "Feeling

Good," which is mentioned several times in this 3-CD set, but from reading other reviews, some case studies and ideas from that book may be repeated here. Disc 1 discusses the cognitive model for combating anxiety. In this model it is explained that you feel the way you think, that anxiety stems from distorted, illogical thoughts, and when you change the way you think, you can change the way you feel. One technique used in the case studies, is to keep asking one's self that, if a certain anxiety-provoking event occurs, what would happen? The point in this technique is to get to the source of the anxiety. Another technique used is the exposure model where one submerges one's self in the activity or experience that causes anxiety. I found it humorous how so many of the case studies involved the higher echelon of society (I guess people who could afford therapy). A highly-successful attorney suffers from constant worry he might eventually lose a case. A biology teacher and 5-time Teacher of the Year is afraid of becoming a father, especially after attacking a burrito (yes, you read that right). Then there is a hunk who can't get a date because he is self-conscious about his body odor. On disc 2, we hear about a top student pilot who is afraid his friends will look down on him if he doesn't ace his exams. There is the woman who once suffered from panic attacks who ends up writing a novel. Even David Burns had to overcome his fear of blood when he was a medical student.

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

When Panic Attacks CD: The New, Drug-Free Anxiety Treatments That Can Change Your Life The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks Dare: The New Way to End Anxiety and Stop Panic Attacks Fast Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases Help With Panic Attacks Creative Window Treatments : Curtains, Shades, Top Treatments & No-Sew Styles Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) What Your Doctor May Not Tell You About(TM) Colorectal Cancer: New Tests, New Treatments, New

Hope (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes What Your Doctor May Not Tell You About(TM): Colorectal Cancer: New Tests, New Treatments, New Hope Scheduling and Budgeting Your Film: A Panic-Free Guide Your Playlist Can Change Your Life: 10 Proven Ways Your Favorite Music Can Revolutionize Your Health, Memory, Organization, Alertness and More Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)

[Dmca](#)