

Panic disorder is common, affecting up to 10% in the Western world, and is often linked with other disorders - up to 60% of those with panic may also develop agoraphobia while 70% develop depression. This book takes the reader through tried and tested techniques to help break the automatic progress of a panic attack. Topics include: understanding the causes of panic; how to sidestep a panic attack; dealing with unhelpful techniques such as avoidance, safety behaviours, and solutions that don't work; managing anxiety and panic- practical exercises; deep breathing and relaxation; how to help a relative or friend with panic attacks; checklists for challenging situations such as crowded places, public transport, and business meetings

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