



Self-help tools for panic: A CBT workbook for overcoming panic attacks

Dr Matthew G Whalley

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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 *Self-help tools for 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. *Self-help tools for panic* is supported by a website where you can obtain additional information, support, and free downloads.

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