



# Overcome Panic and Anxiety: 121 tips, advice and resources for calmer living

*Linda Manassee Buell*

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Between one and four people in 100 experience panic attacks at some stage in their lives. An upbeat guide for those affected by this common, debilitating disorder, *Overcome Panic and Anxiety* offers a treatment plan, loaded with practical tips and trustworthy advice from a former sufferer. The book's eight chapters detail all the techniques necessary for coping and conquering panic attacks (including breathing, centering, and distraction techniques), all peppered with excerpts from the author's diary. With 121 tips in all, here is a practical, quick guide for those with the disorder or those who care for them.

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