



## When Panic Attacks The New, Drug-Free Anxiety Therapy That Can Change Your Life

By David D. Burns M. D.

Harmony. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 9.1in. x 6.1in. x 1.0in. Are you plagued by fears, phobias, or panic attacks Do you toss and turn at night with a knot in your stomach, worrying 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 worlds oldest cons. When youre anxious, youre actually fooling yourself. You are telling yourself things that simply arent true. See if you can recognize yourself in any of these distortions: All-or-Nothing Thinking: My mind will go blank when I give my presentation at work, and everyone will think Im an idiot. Fortune Telling: I just know Ill freeze up and blow it when I take my test. Mind Reading: Everyone at this party can see how nervous I am. Magnification: Flying is so dangerous. I think this plane is going to crash! Should Statements: I shouldnt be so anxious and insecure. Other people dont feel this way. Emotional Reasoning: I feel like Im on the verge of cracking up! Self-Blame: Whats wrong with me Im...



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