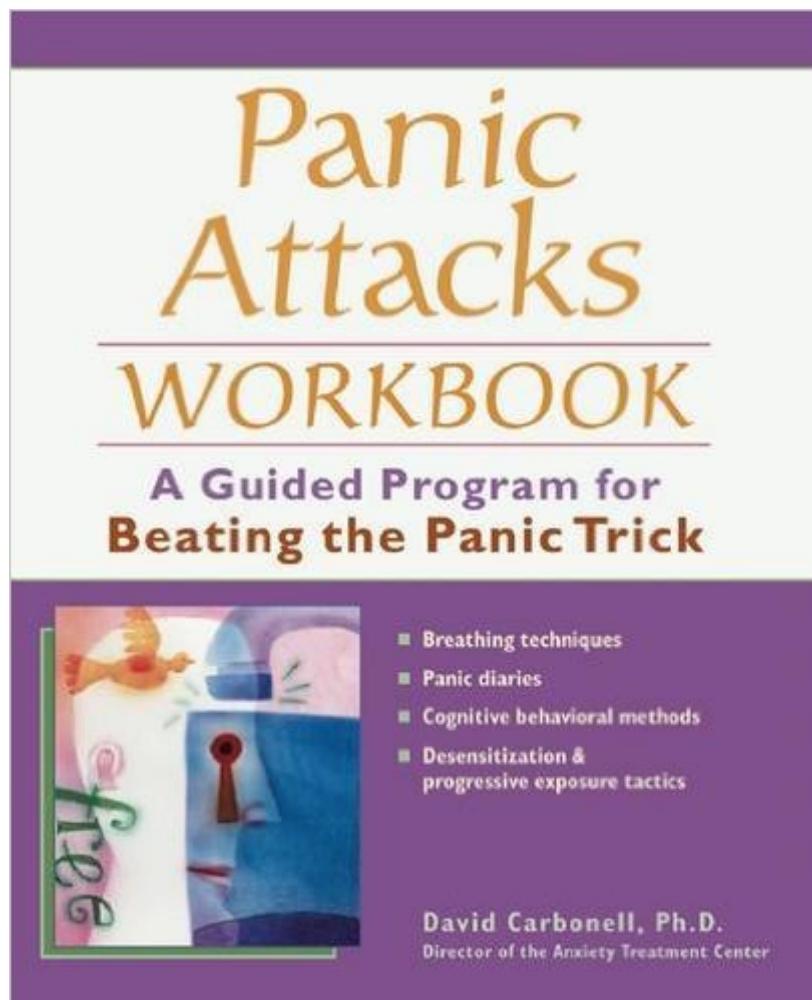


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# Panic Attacks Workbook: A Guided Program For Beating The Panic Trick



## **Synopsis**

With methods and exercises based on the author's extensive clinical experience, *Panic Attacks Workbook* helps people understand the true nature of their panic attacks. It demonstrates the vicious cycle of habitual responses that lead to debilitating attacks, teaches how to halt this self-destructive process, and guides people along a proven path that promotes recovery. David Carbonell outlines such cognitive behavioral methods as diaphragmatic breathing, progressive exposure, desensitization, relaxation, keeping a panic diary, and much more. He shows how to cultivate a personal attitude that facilitates solutions rather than placing blame. He clearly explains how the very nature of panic leads people into a chronic cycle of anticipation, panic, and helplessness, and details how to overcome this pattern with innovative responses and an attitude of acceptance. Charts, worksheets, and program outlines help point the way through the workbook and on to recovery.

## **Book Information**

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## **Customer Reviews**

In my opinion, "Panic Attacks Workbook" is the best self-help book for overcoming panic - and I have read nearly all of them. The author, Dr. David Carbonell, is one of the leading experts in the field of anxiety disorders. With clarity, compassion and humor, he presents the most effective approaches to overcoming panic. Reading this book is like having several sessions with a caring, expert therapist. If you are facing the challenge of panic attacks, this book is the place to start. In 1998, after years of struggle, I overcame panic disorder & agoraphobia. Since 2001, I have been directing a popular website that provides resources for people recovering from these conditions.

Among all the self-help books, my #1 recommendation is "Panic Attacks Workbook."

This book has been the most practical and useful one on the market. It's like having a real person walk you through, step by step, not a bunch of "psychobabble". It respectfully addresses every aspect of panic you have experienced. Advice includes reasons why you might have this "problem" and how to cope, realistically. If you feel you are beyond hope, don't believe it, buy this book, read it, read it again, do the "homework" (at your own pace) and in time (you choose how soon) you will begin to see results--it may take a while, so be patient...if you don't have patience, get some! :) However long you have "suffered" there is hope. And whatever you do, DO NOT skip the part about BREATHING. Don't think you've heard it all. I especially liked all the anecdotes of Dr. Carbonell's: if you like a little humor thrown in (trust me, it helps!) with some real-life scenarios, this is the book for you. Written in everyday language, and I do not mean "dumbed down" this book has been incredibly useful. And a bargain!

When I first got this book I read it and then put it on my shelf for a few months. I understood what he meant about not running from the fear but I was just SO scared. I really wanted to not run or protect myself from the anxiety but I felt like I couldn't handle it. So months after I got the book, my anxiety had been getting worse and i decided to just go for it and follow his book to the letter. I had many anxieties such as food contamination anxiety, agoraphobia, fear of going crazy, fear of losing control, feeling unreal and on and on. Once I made the plan for myself (he shows you how to do this in the book) and started doing what I needed to do, I started getting better. That first time I took the plunge and faced the fear without "protecting" myself, I was TERRIFIED. I wanted to give up but I didn't. I got a huge confidence boost after that. The ball got rolling quickly after that and I actually got loads better each and every time I faced me fears. It's been 8 months since I've last panicked. I was a "normal" person for 16 years, then an anxious wreck with no friends or social life for 6 years and now I'm recovered. I worried that I'd be afraid of becoming anxious again but I am not scared at all. I held off on writing this review and i'm glad I did. Now I know for a fact this book works. Anxiety is no joke and I've wasted money and been disappointed by Panic Away and other programs. Thank you dr. Carbonell. I have no idea where I would be if I had never gotten your book and then followed through with it. I lost 6 years of my life to anxiety but now I'm happier than ever. Thank god for this book!

I've dealt with anxiety and panic attacks for the last 11 years! I had an especially hard time with

feeling "trapped" in places, such as a traffic jam, elevators, and couldn't even fathom the idea of going on an airplane! I was so disappointed everytime friends or family would take a trip and invite me. I would always make up excuses as to why I just could not go, knowing all the while that I was just too scared of having a panic attack. I have read tons of books, been to psychotherapy, and even used other panic attack programs and all was in vain. Finally, I came across this book and it has changed my life!! I flew for the first time in 10 years two weeks ago. I had the book in my lap the whole time, and I was fine! I couldn't believe it. I had the skills to deal with my panic attack on the flight out, and on the flight back, I didn't need to open the book at all. It was an amazing accomplishment for me, and I thank Dr. Carbonell for restoring my sense of freedom.

Dr. David Carbonell's Panic Attacks Workbook is an invaluable resource for anyone struggling with anxiety or panic disorder. Founder and director of the Anxiety Treatment Center in New York and Chicago and an expert in the treatment of anxiety disorders, Dr. Carbonell offers simple to follow, immediately useful advice on how to unmask the "panic trick" and get back to living your life. In compassionate and reassuring language, he explains that panic attacks are not your fault and provides hope that you, too, can recover from this "very treatable" condition. Emphasizing always that you are not alone (many people experience such attacks) and can get better, Dr. Carbonell offers a complete self-help recovery program that includes the use of panic diaries, desensitization, and cognitive therapy. He makes clear how panic attacks work and what to do if you have one, provides specific self-tests and exercises that will help you begin to heal yourself right away, and explains how to discuss your problem with a trusted friend or loved one, and why you might want to. He explains how to defeat the panic trick by using such techniques as belly breathing (breathing from your belly, not your chest), self-hypnosis, and the rule of opposites (whatever your panic tells you-to avoid public places, for example-do the opposite). In addition to the practical advice you'll find here, this book is distinguished by Dr. Carbonell's ability to make you feel like a normal person with a common problem and by his power to make you feel optimistic about your prospects for recovery. Arm yourself with Panic Attacks Workbook and let your panic attacks-not you-be afraid, be very afraid.

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