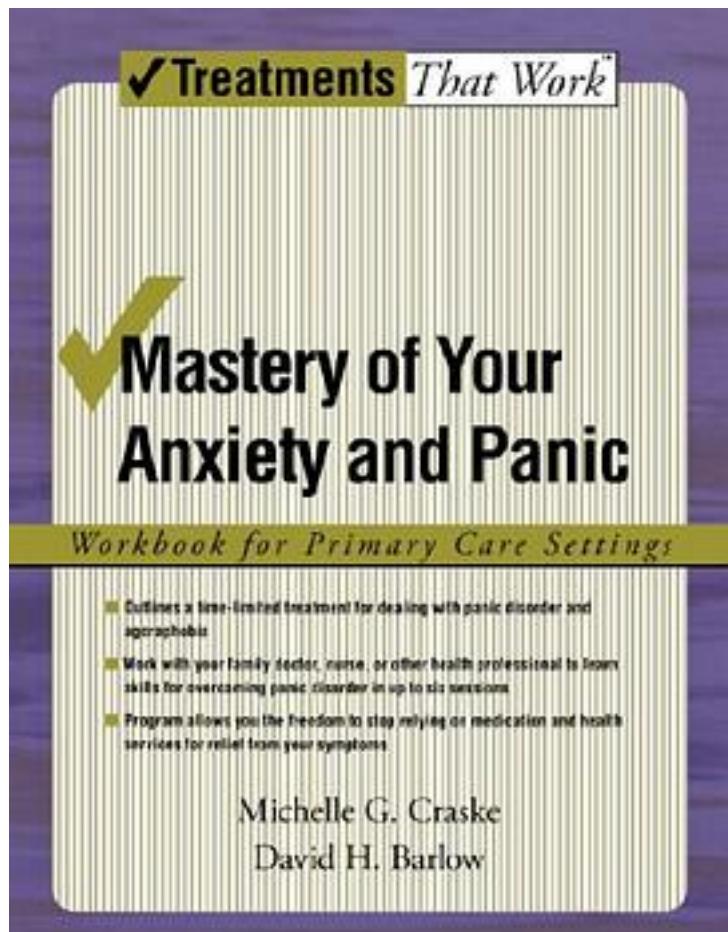


Mastery of Your Anxiety and Panic



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Do you have rushes of fear accompanied by a pounding heart, trembling, dizziness, and feelings of unreality that make you think you're sick, dying, or losing your mind? Do these feelings interfere with your normal daily routine, or prevent you from doing

things you would normally do? Do you find yourself seeking medical treatment for symptoms related to your panic? If you are prone to panic attacks and constantly worry about when the next attack may come, you may suffer from panic disorder and/or agoraphobia. *Mastery of Your Anxiety and Panic: Workbook for Primary Care Settings* outlines a time-limited treatment for dealing with panic disorder and agoraphobia. If you primarily seek treatment from your family doctor, this workbook will be useful. Based on the principles of cognitive-behavioral therapy (CBT), the program described can be delivered by your general practitioner or other health or mental health care provider in the primary care setting in up to six sessions. A modified version of the more intensive 12-session program that currently exists, this treatment represents an introduction of the skills and techniques for overcoming panic disorder that you can easily learn and continue on your own. This workbook will teach you the importance of record-keeping and monitoring your progress, as well as breathing techniques and thinking skills to reduce your anxiety. You will learn how to face your fear of physical symptoms and anxiety-inducing situations. Self-assessment tools, homework exercises, and interactive forms allow you to become an active participant in your treatment. This program will help you take charge of your panic and allow you the freedom to stop relying on medication and health services for relief of your symptoms.

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