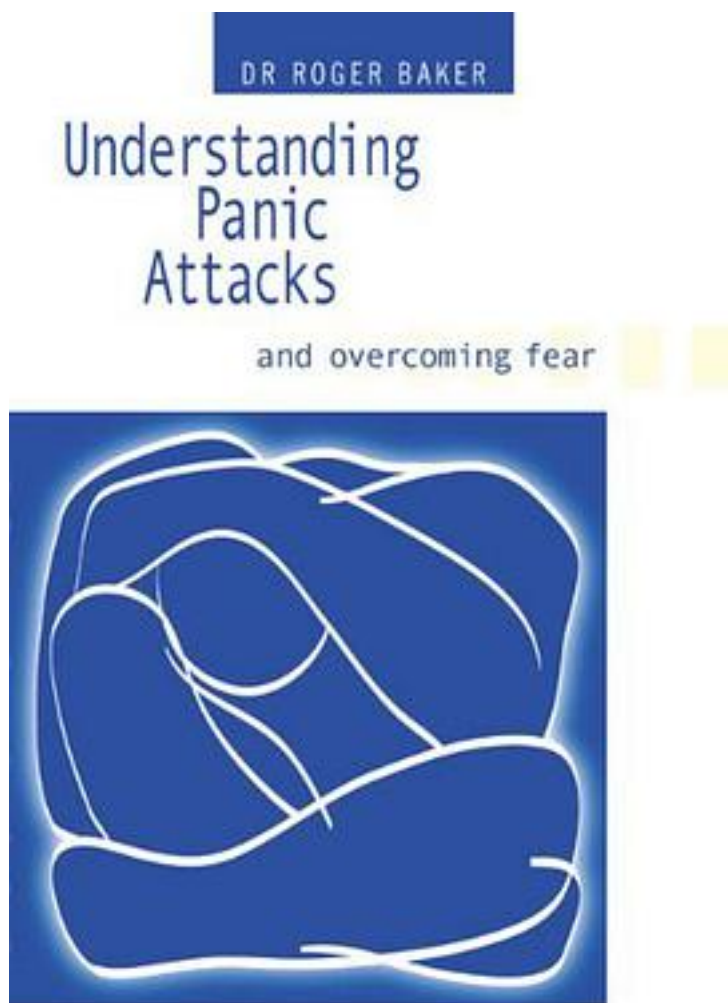


Understanding Panic Attacks and Overcoming Fear



[Understanding Panic Attacks and Overcoming Fear_下载链接1_](#)

著者:Baker, Roger

出版者:Trafalgar Square

出版时间:2003-7

装帧:Pap

isbn:9780745951232

This highly authoritative yet practical book helps the reader towards an in-depth understanding of panic. It is essential reading for sufferers, their friends, and family. In clear and concise language it describes a psychological self-help program for panic sufferers.

作者介绍:

目录:

[Understanding Panic Attacks and Overcoming Fear_ 下载链接1](#)

标签

评论

[Understanding Panic Attacks and Overcoming Fear_ 下载链接1](#)

书评

[Understanding Panic Attacks and Overcoming Fear_ 下载链接1](#)