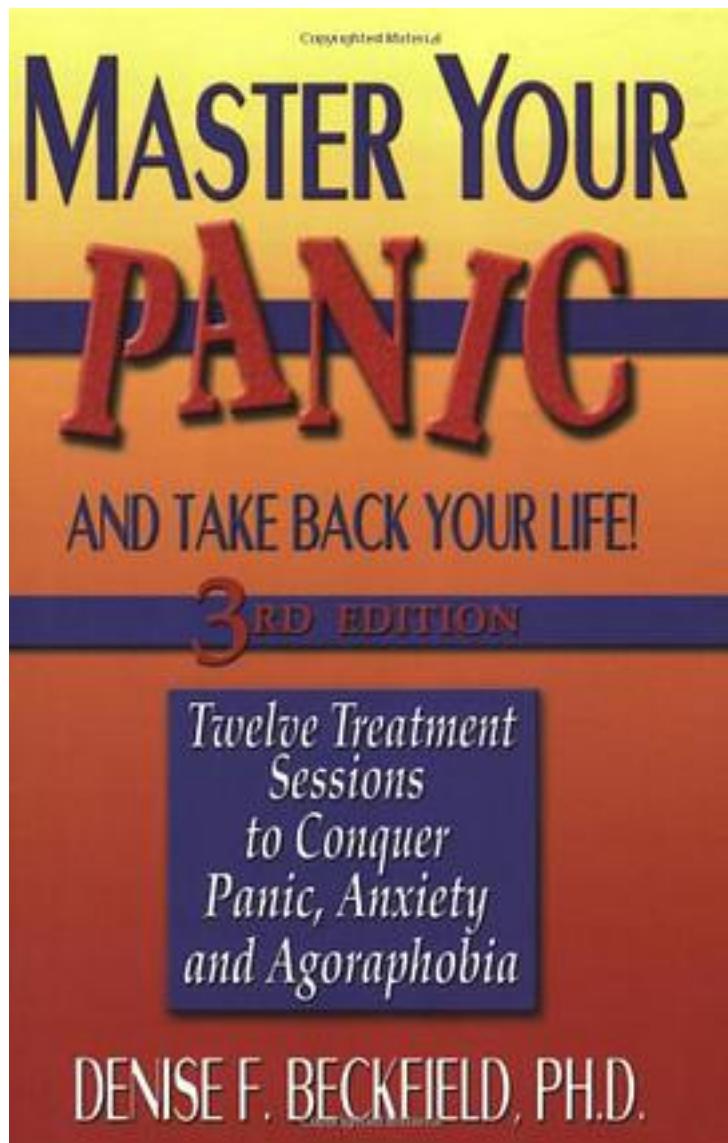


Master Your Panic and Take Back Your Life



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This practical, self-empowering book on overcoming debilitating panic attacks is now in a completely revised, updated and expanded third edition, and includes the latest information and new research findings on agoraphobia, relaxation, breathing, medication, and other important topics. **MASTER YOUR PANIC** parallels an actual treatment program in which you are guided, step-by-step, through twelve self-help "treatment sessions." Proven, research-based methods are presented in easy-to-follow instructions, accompanied by numerous case examples. Includes guides for identifying triggers of panic attacks, challenging catastrophic thinking and for preventing relapse. Follow Dr. Beckfield's procedures to gain a thorough understanding of the disorder and you can actually resolve the panic in your life. Find out why you developed panic attacks in the first place and why they come back. Learn the tried-and-true "SRB" method to STOP panic the moment it strikes. Discover your personal triggers for panic and tackle them, one by one -- the thoughts, the physical habits, even the emotional traps. So panic goes away and stays away. Find out the latest information on the best medications for panic. Identify the personal stresses and family backgrounds that can lead to panic. Learn to stop limiting yourself and get your life back -- for GOOD.

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