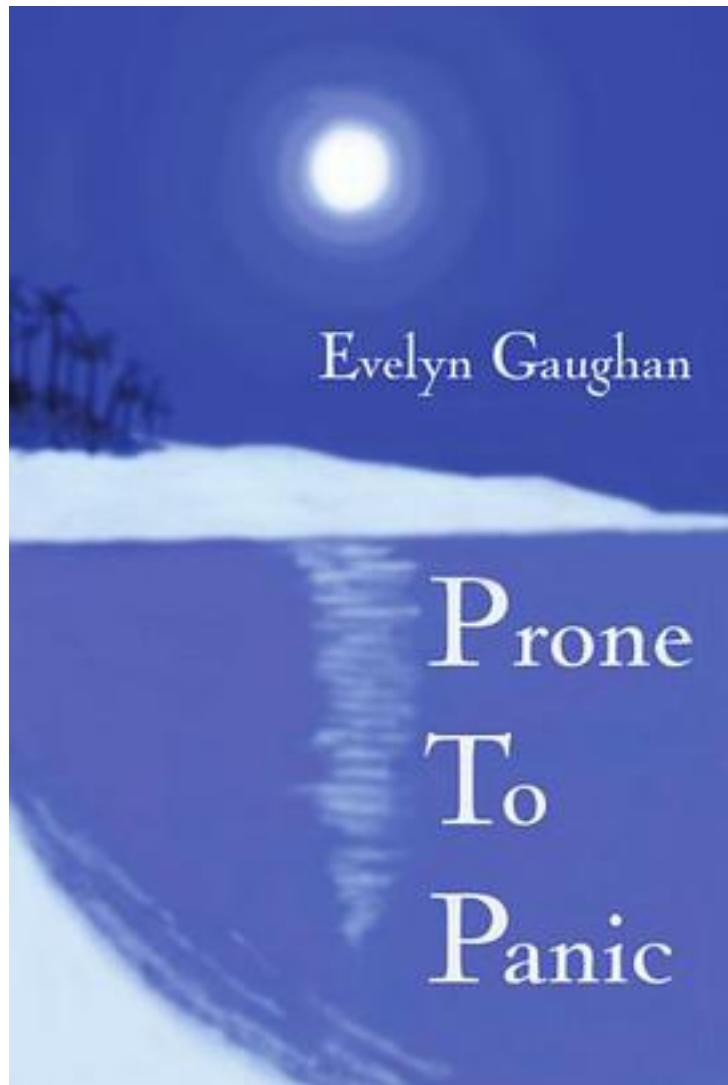


Prone To Panic



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著者:Gaughan, Evelyn

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Are you experiencing panic attacks, feeling isolated and afraid? A pocket guide to anxiety and panic attacks, "Prone To Panic" offers a fresh perspective on how we view mental health. Evelyn Gaughans' inspiring new book gives an open and honest account of her experience with anxiety, offering hope that life can still be beautiful even when you are prone to panic. One in four people experience anxiety at some point in their lives, yet there is still such a lack of understanding surrounding this common condition. Three years of experience and research are crammed into this concise and practical work, which is written by an anxiety sufferer for anxiety sufferers. Charting a course from panic to recovery, "Prone To Panic" is one of those books that can easily be referred to again and again.

作者介绍:

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