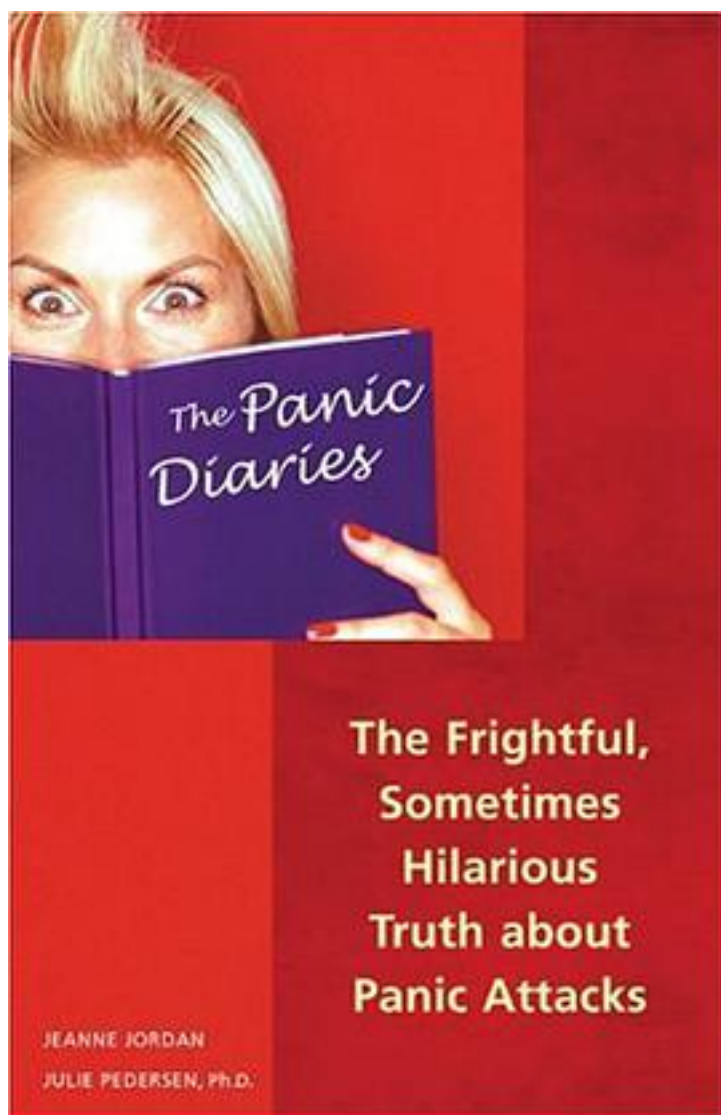


The Panic Diaries



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著者:Pedersen, Julie

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There's nothing funny about panic attacks . . . or is there? As this problem reaches epidemic proportions in the U.S., two brave women journey to the front line in the battle against panic and return with stories of courage, anxiety, recovery, and just general craziness in a crazy world. Journalists by trade, panic attack sufferers by habit, the authors understand that panic disorder is like a haunted house - the only way out is through it. So they wrote a book that makes those panic ghosts and goblins a little less scary. Organized around first-person accounts, The Panic Diaries investigates what panic is, how people experience it, and how it's treated. The authors also interview some in-the-know people, including psychiatrists, psychologists, and natural health professionals, who offer treatments that are proven to help sufferers overcome their panic attacks.

作者介绍:

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