



An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder

Elke Zuercher-White

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A full-blown panic attack can be terrifying, whether it lasts only a few minutes or returns in waves over an hour or more. This book presents the latest treatment strategies for panic in a supportive interactive format that lets you work on symptoms one step at a time without the assistance of a therapist. The book starts by detailing the physiology of panic attacks. You'll learn how to experience the physical symptoms of panic, how to overcome the fear associated with them, and how to cope with stress and conflict in your daily life. This current edition reflects updated research and revised client worksheets that Zuercher-White used in her guide for professionals, **Treating Panic Disorder and Agoraphobia**.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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