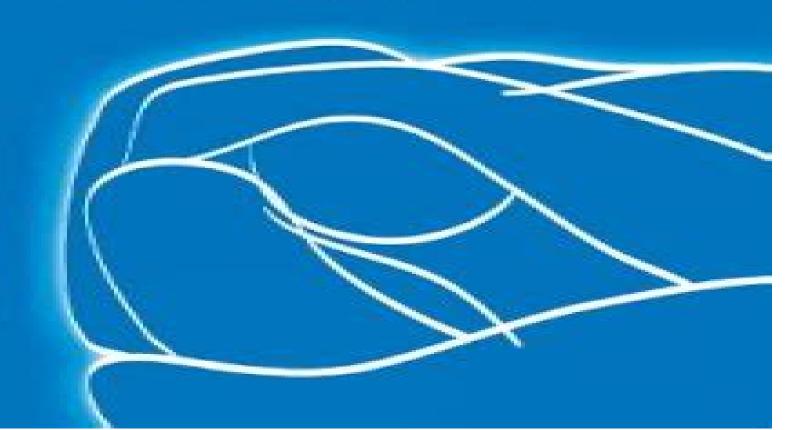
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PANTE ATTACKS

AND OVERCOMING FEAR



Sherry Stewart, Margo Watt

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Overcoming the Fear of Fear Sherry Stewart, Margo Watt, 2007-05-01 Anxiety isn t all in your head When you feel nervous symptoms such as chills sweating heart palpitations and shaking can affect your whole body If you worry that others notice these anxiety symptoms or fear that they could be harmful to your health you may have anxiety sensitivity Anxiety sensitivity is the fear of anxiety related sensations a condition that affects approximately 16 percent of the population People with high anxiety sensitivity often fear these bodily sensations even more than the situation that caused their anxiety in the first place This fear of fear can lead them to avoid activities that might trigger their symptoms and can cause other mental and physical problems down the road Overcoming the Fear of Fear provides you with all the tools you need to stop fearing your anxiety symptoms for good You ll learn to use cognitive behavioral techniques that have been proven effective for people with anxiety sensitivity These techniques can help you reduce your anxiety sensitivity prevent recurrence of panic attacks and start living without fear The Shyness and Social Anxiety Workbook Martin Antony, Richard Swinson, 2008-07-02 There's nothing wrong with being shy But if social anxiety keeps you from forming relationships with others advancing in your education or your career or carrying on with everyday activities you may need to confront your fears to live an enjoyable satisfying life This new edition of The Shyness and Social Anxiety Workbook offers a comprehensive program to help you do just that As you complete the activities in this workbook you ll learn to Find your strengths and weaknesses with a self evaluation Explore and examine your fears Create a personalized plan for change Put your plan into action through gentle and gradual exposure to social situations Information about therapy medications and other resources is also included After completing this program you ll be well equipped to make connections with the people around you Soon you ll be on your way to enjoying all the benefits of being actively involved in the social world 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 Help for Worried Kids Cynthia G. Last, 2005-11-11 If your son begs to stay home from school to avoid their lives speaking in front of the class should you be worried If your daughter insists on crossing the street whenever she sees a dog what should you do A simple evaluation devised by renowned psychologist Dr Cynthia G Last can help you determine if you have reason to be concerned If so you can use Dr Last's checklists and examples to figure out the type and severity of your child s anxiety identify contributing factors and tackle the problem head on Strategies tailored for different kinds of anxiety will guide you in preventing new episodes calming your child when a problem arises and keeping anxieties in check as your son or daughter matures Dr Last delivers powerful advice and insightful information gleaned from 25 years of experience working with worried kids and their families including coping and relaxation skills your child can use to reduce stress and worry and tips for encouraging kids to approach not avoid their fears Whether your son or daughter can t go on sleepovers

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Understanding Anxiety and Panic Attacks Inger Hatloy,2012

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