



When Panic Attacks: A New Drug-Free Therapy to Beat Chronic Shyness, Anxiety and Phobias

David D. Burns

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'I just know this plane is going to run into turbulence and crash'. 'My mind will go blank when I give my presentation at work and everyone will think I'm an idiot'. 'Why am I so shy and insecure? I'm such a loser'. We all know what it's like to feel anxious, worried or panicky. If any of these thoughts sound familiar, you can change the way you feel. "When Panic Attacks" will give you the ammunition to quickly defeat any kind of anxiety, including chronic worrying, shyness, public speaking anxiety, test anxiety and phobias without lengthy therapy or prescription drugs. Bestselling author and behavioural psychiatrist Dr David Burns will teach you 40 powerful new anti-anxiety techniques and show you how to select methods that will work for you. The goal is not just feeling a bit better, but complete recovery. All you need is a little courage and the techniques in this book.

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