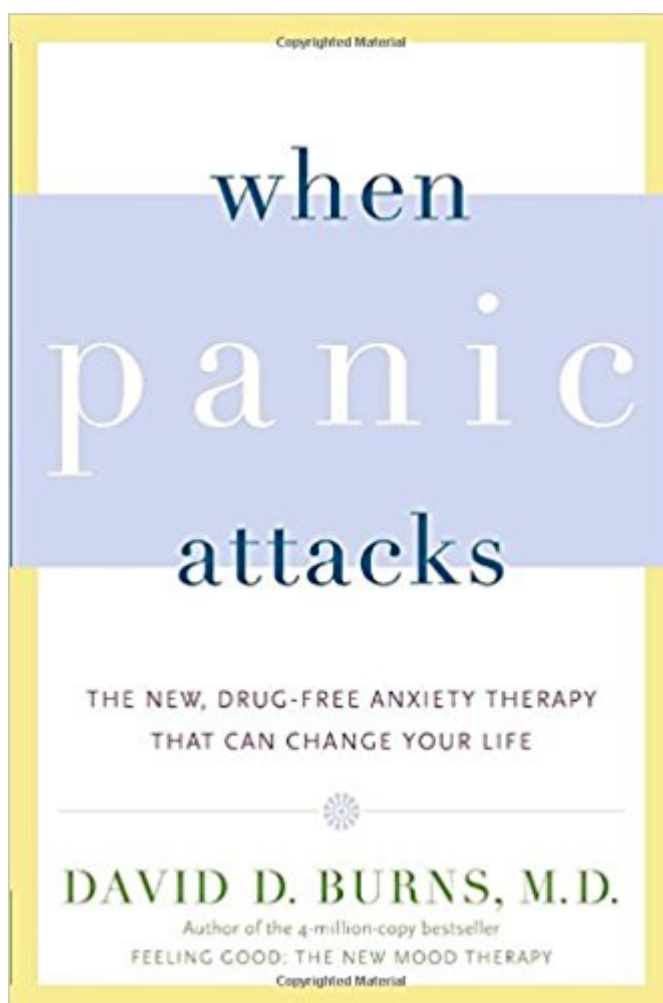


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# When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life



## Synopsis

Are you plagued by fears, phobias, or panic attacks? Do you toss and turn at night with a knot in your stomach, worrying about your job, your family, work, your health, or relationships? Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurity? What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest cons. When you're anxious, you're actually fooling yourself. You are telling yourself things that simply aren't true. See if you can recognize yourself in any of these distortions:

- All-or-Nothing Thinking: "My mind will go blank when I give my presentation at work, and everyone will think I'm an idiot."
- Fortune Telling: "I just know I'll freeze up and blow it when I take my test."
- Mind Reading: "Everyone at this party can see how nervous I am."
- Magnification: "Flying is so dangerous. I think this plane is going to crash!"
- Should Statements: "I shouldn't be so anxious and insecure. Other people don't feel this way."
- Emotional Reasoning: "I feel like I'm on the verge of cracking up!"
- Self-Blame: "What's wrong with me? I'm such a loser!"
- Mental Filter: "Why can't I get anything done? My life seems like one long procrastination."

Now imagine what it be like to live a life that's free of worries and self-doubt; to go to sleep at night feeling peaceful and relaxed; to overcome your shyness and have fun with other people; to give dynamic presentations without worrying yourself sick ahead of time; to enjoy greater creativity, productivity and self-confidence. Does that sound impossible? The truth is you can defeat your fears. In *When Panic Attacks*, Dr. Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use more than forty simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they may sometimes do more harm than good. This is not pop psychology but proven, fast-acting techniques that have been shown to be more effective than medications. *When Panic Attacks* is an indispensable handbook for anyone who's worried sick and sick of worrying.

## Book Information

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## Customer Reviews

“Few truly great books on psychotherapy have been published, and this is one of them. When *Panic Attacks* tells you how to deal with all kinds of anxiety and with most other emotional problems. It is clearly and charmingly written.” —Albert Ellis, Ph.D, founder of the Albert Ellis Institute and bestselling author of *A Guide to Rational Living* “Another masterpiece from the author who helped millions help themselves with *Feeling Good: The New Mood Therapy*. Dr. Burns’s elegant writing style, compassion, and humor translate powerful psychotherapy methods into accessible, practical, and helpful tools for the vast number of individuals who struggle with anxiety.” —Henny Westra, Ph.D., associate professor and director of the York University Anxiety Research Clinic

One in four Americans has unhealthy anxiety—that’s over 73 million people. What have we turned to? Pills. Have they helped? The numbers say no. David Burns, M.D., knows what nobody else does: traditional therapy and drugs don’t cure anxiety. But revolutionary new cognitive behavior therapies do, and Burns has developed clinically proven techniques. The road to a cure begins with discovering the stories we tell ourselves that make us worry—“If I’m late for the meeting I’ll be fired and never find another job”; “There’s no way on earth this plane can stay in the air.” Burns provides an arsenal of techniques for exposing the lies and proving them wrong. Here you’ll find:

- Methods for uncovering the sophisticated lies we tell ourselves that make us worry-A cost/benefit analysis, for figuring out what you get--good and bad--out of hanging on to hangups and phobias
- Playful ways to test the lie that’s making you afraid

The good news is that the techniques in his *Anxiety Toolkit* take 60 seconds to work. This is an indispensable guide for anyone who’s spent sleepless nights imagining a workplace disaster, dreading a plane trip or public speaking engagement, or fretting about the safety of a loved one.

This book has helped a lot. I have to admit, I have always been skeptical about books like these but i must admit, I feel better after reading this book and trying out the techniques as listed. If you feel anxious about anything but do not want to go see a doctor (as i did) try reading this book, it may be exactly what you need.

I was recommended this book by my psychiatrist at UCLA, she highly recommended it. I'm so glad I bought it, it's already making a difference.

Some good ideas here, but the regime he lays out gets pretty complicated if you're doing it on your own. I only got halfway through it and gave up. I suppose if my anxiety got worse I would try pick it up again. It would also be very helpful if there was site where you could print out the worksheets Dr. Burns has in the book.

My therapist recommended this book to me during my first session, I've spent years and years with various therapists and various medications with little to no success. This isn't even my first "self help" book. However I finally broke down and gave this one a try because it felt like my only option. "When panic attacks" is surprisingly helpful as long as you're willing to put in the work. It reads more legitimately than most other books in this genre and actually reminded me of the psychology class I enjoyed in college. David Burns does a great job of keeping even the most scattered of brains focused by telling you a series of stories that you may very well relate to. Overall a great read and I'll be picking up his other books as well.

I'll be honest, I had my doubts, but I was willing to try a self help book as therapy costs \$200+ dollars. This is the third day of doing the exercises and I've had 0 anxiety where normally I would have a lot. I can finally ride my bike to exercise and not have any worries or anxiety! :) Thanks Dr. Burns!

Life Changin book please take a look. Its will change the way you thin about medications. It will change your life for the better. You dont need those crappy meds that dont work. Read this book, Feelign Good and The Emperors new drug, the rest is up to you.

This is the first "self help" book I have read, but I have really learned a lot from it and I plan to start using its guidance to deal with my anxiety disorder. I can already see that it's going to help me.

I have had social anxiety for years, and it still flares up but some of the stuff from this book stuck with me and still does today. Sometimes I'll get nervous and panic but I will repeat things that I've learned in this book and from others in my head and I will feel ok. There is a youtuber named Noah Elkrief that I recommend highly who has helped me greater than any book I've read if you want any recommendations and you are stuck.

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Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks  
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)  
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101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks  
Free Your Mind: A Guide to Freedom from Anxiety, Depression, Panic Attacks and Intrusive Thoughts  
Panic Attacks Workbook: A Guided Program for Beating the Panic Trick  
The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks (An Instant Help Book for Teens)  
Dare: The New Way to End Anxiety and Stop Panic Attacks  
Dare: The New Way to End Anxiety and Stop Panic Attacks Fast (+Bonus Audios)  
Dare: The New Way to End Anxiety and Stop Panic Attacks Fast  
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )  
Don't Panic Third Edition: Taking Control of Anxiety Attacks (Newest Edition)  
CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety.  
Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic  
Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt)  
Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety  
Panic Stations Guide To Statement Analysis: Are they lying to you? (Panic Stations Guide to Life the Universe and Everything Book 14)

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