



Don't Panic Third Edition

Reid Wilson

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Don't Panic Third Edition Reid Wilson

The authority on panic and anxiety—newly revised and expanded

Are you one of the more than nineteen million Americans who suffer from anxiety? Don't panic. Newly revised and expanded, this edition offers a straightforward and remarkably effective self-help program for overcoming panic and coping with anxious fears. With insight and compassion, Reid Wilson, Ph.D., demystifies anxiety attacks and provides indispensable advice, including:

- how a panic attack happens, what causes it, and how it can affect your life
- how to recognize, manage, and control the moment of panic
- how to control the chronic muscle tensions that increase anxiety
- how to conquer fear and face problems with confidence
- how to decide which medication is right for you
- how to establish reachable goals and rediscover the joy of living

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