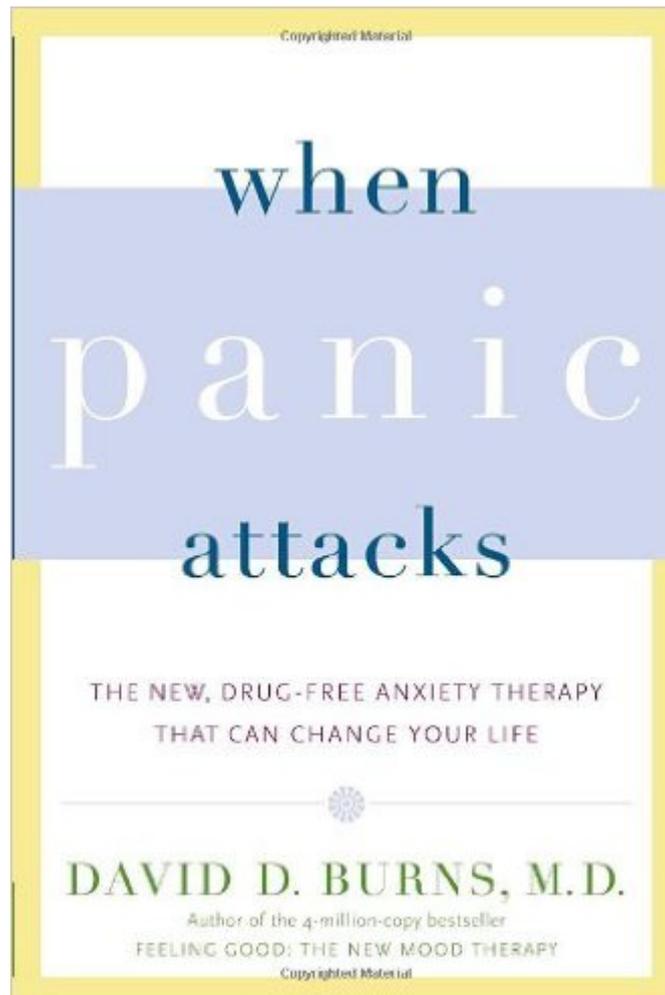


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# When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life



## 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

It probably sounds somewhat dramatic, but I can only recall two self-help books that had a drastic effect on my life-by giving me a reasonable relief from anxiety and depression. The first one, *Mind over Mood*, by Greenberger and the second one, *Feeling Good Workbook* by Dr. Burns. Both of these books are based on solid research, reason and practicality. Almost 20 years since his workbook, Dr. Burns has finally written another book. To my disappointment and relief, it looks like he has nothing major to report. The good news is that after all these years of cognitive therapy evolution, there are still only 10 types of cognitive distortions. The bad news is that it takes only 10 to manage a perfect job to make you miserable. Cognitive therapy is based on the premise that our own automatic and often unnoticed thoughts WITHIN us, not the events that happen TO US, scare us to death which in turn create a warped reality providing fertile soil for depression, anxiety, self-doubt, loneliness, and procrastination. Virtually everyone who is depressed or anxious is at mercy of these distorted thoughts. To get a relief, each distorted thought must be noticed and dealt with. As you can't relieve your hunger by just reading a cookbook, you must apply it to your own situation for at least 15 minutes a day 5 days a week. Once learned and practiced, the technique will offer you resilience to life's day-to-day challenges, unlike the antidepressants where the relief exists only while you take them. Burns lists various applications to become aware, challenge and rewire your thought pattern and beliefs about yourself and the world. There is no magic, no parent-blaming, just common sense stuff dealing with the here-and-now.

Dr. Burns incorporates the last 25 years of research and clinical developments since writing the best-seller *FEELING GOOD* (strongly recommended as well.) He has written a book which markedly refines and elaborates on *FEELING GOOD*, rendering the Cognitive Therapy approach found in *FEELING GOOD* even more effective for quick and long-term relief from distressing emotional conditions, including depression, anxiety, anger, and low-self esteem. In case you don't know, the book *FEELING GOOD* has been clinically proven to relieve major depression JUST

FROM READING IT and following its instructions. I am confident that a clinical trial on WHEN PANIC ATTACKS would yield similar results for individuals suffering from anxiety disorders. The new book is very readable and far more versatile, and addresses some of the implicit gaps left from the former book. WHEN PANIC ATTACKS easily stands on its own, and doesn't just address panic attacks, but rather every conceivable type of anxiety, including chronic worrying, phobias, agoraphobia, shyness, public speaking anxiety, writer's block, procrastination, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, and Body Dysmorphic Disorder. As far as I am concerned, Dr. Burns should win a Nobel Prize for what he has accomplished here. Beginning with the "Daily Mood Log" --a sophisticated yet elegantly simple worksheet for documenting and combating one's emotional pain-- he has developed a veritable "technology" for overcoming even the most disabling of human emotions. Why do we suffer? We suffer because we hold onto some core self-defeating beliefs (SDB's) that leave us rather vulnerable to painful mood swings. Accordingly, he identifies 23 common SDB's.

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