



# The Panic Workbook (Overcoming Common Problems)

*Carina Eriksen, Robert Bor, Margaret Oakes*

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Panic disorder is common, affecting 10% in the UK. This unpleasant condition may include intense feelings of apprehension, fear and tension which lead to people becoming overly cautious, unadventurous and constrained in their lifestyles. It is estimated that up to 60% of those with panic may also develop agoraphobia while 70% develop depression. The book is practical in focus. It aims to help people understand the source and triggers of panic attacks from psychological and clinical perspectives, and suggests a range of skills and techniques to overcome the problem and formulate individual solutions. The emphasis is on the reader gaining understanding of panic which sidesteps its automatic progress, and offers genuine manageability and control.

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