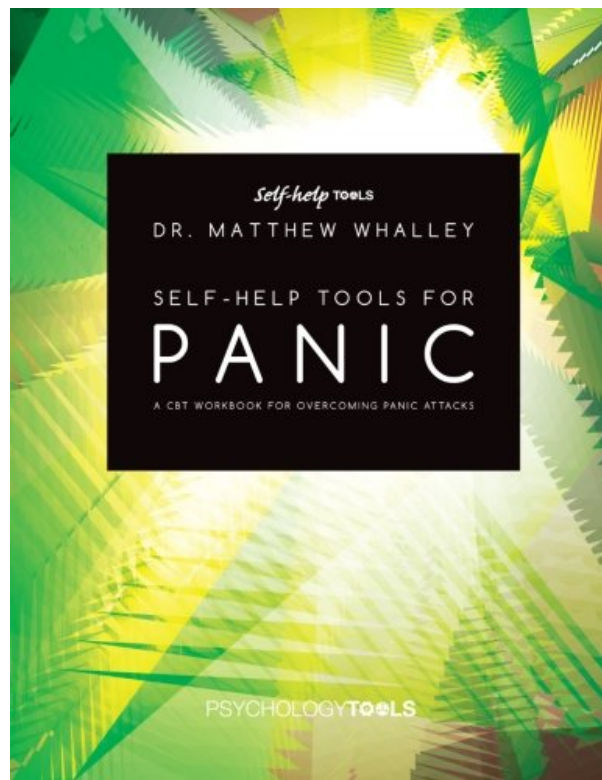
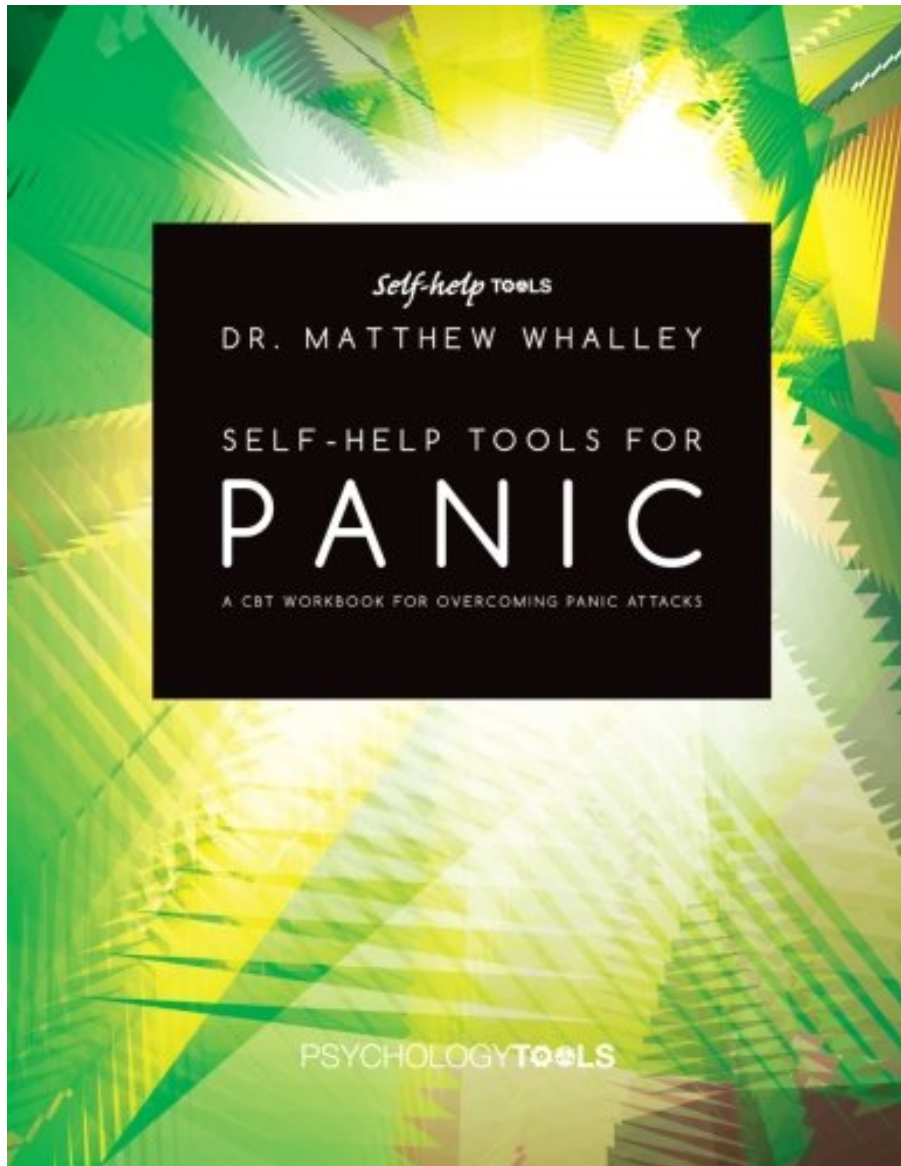


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## About the Author

Dr Matthew Whalley is a clinical psychologist working in the United Kingdom. He specializes in the treatment of trauma and works for a psychological trauma service, and a clinical health psychology service, both in the NHS. He is the creator of two successful psychology websites: Psychology Tools (<http://psychology.tools>) and Self-help Tools (<http://self-help.tools>). Both provide high quality free resources to therapists and the public. Prior to working clinically Matthew completed a PhD in psychology at University College London, investigating hypnosis and pain. He also worked as a researcher for a number of years investigating memory in post-traumatic stress disorder (PTSD). He has published research in pain, PTSD, depression, and hypnosis.

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Nearly one person in every four will experience a panic attack at some point in their lives. Panic brings feelings like a racing heart, lightheadedness, and sweats or chills. It can leave us feeling frightened, and make us worry that we are losing control. A little bit of anxiety can be helpful for keeping us on our toes – but when it gets too much panic can become debilitating. This helpful workbook will teach you everything you need to know about panic. Drawing upon the latest research Self-help tools for panic takes a cognitive behavioral therapy (CBT) approach to this common anxiety problem. CBT is an evidence-based therapy for panic, and has been demonstrated to be effective when delivered face-to-face or as self-help. The workbook will walk you through all the exercises you need to overcome your anxiety and reclaim your life. Self-help tools for panic is supported by a website where you can obtain additional information, support, and free downloads.

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By miss firdaus b mamat

The self-help manual on panic attack is exactly what is says, will not create more anxiety symptoms with its friendly explanation, examples and exercise. This must-have manual encompassing all the major principles of CBT in an easy and digestive read, avoiding the unnecessary use of psycho-babble and complicated jargon. Dr Whalley has successfully written a clear guideline to the reader through the basic principles highlighting how perspective influences mood and behaviour, before gradually explaining thinking styles and practical things to do when the symptoms attack in more depth. The manual provided enough simple

everyday examples, illustrations and visual diagrams to help the reader comprehend concepts raised. This book is not just for those who suffer from panic attack but also useful to facilitate clinicians to help their sessions with clients.

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By Dr. Rosemary A. Thompson

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Sincerely,

Dr. Rosemary A. Thompson

Phoenix Mental Health Services, LLC

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hope for panic sufferers

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This book offers great help for those suffering with panic. My patients have given feedback that the book has enhanced their understanding of panic and what to do about it.

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