



Panic Attacks (Paperback)

By Karen Sullivan

Wellhouse Publishing Ltd, United Kingdom, 2013. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Panic attacks are more common than you might think. They can take the form of agoraphobia, anticipatory anxiety, separation anxiety, school or work phobia. This book explains the causes, the effect on daily life and the associated disorders. In her straightforward style, Karen Sullivan explores conventional treatments and their side effects and reviews alternatives like acupuncture, homeopathy and reflexology. There is practical advice in the form of immediate steps to deal with an attack, and Top Ten Tips for a longer-term approach.



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Reviews

Extremely helpful to all of category of men and women. it had been writtern extremely completely and helpful. You are going to like the way the blogger compose this publication.

-- **Johathan Haag**

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Edwardo Rohan III**