



Understanding Panic Attacks and Overcoming Fear: Updated and Revised 3rd Edition

Dr. Roger Baker

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A new, fully revised edition of Dr. Roger Baker's highly regarded book on panic attacks and other fear-related conditions

Explaining that a full recovery from panic attacks is definitely possible, this highly authoritative yet practical book helps the reader toward an in-depth understanding of what panic actually is. It is essential reading for sufferers, their friends, and their family. It sets out a psychological self-help program for panic sufferers in clear and concise language, answering important questions such as *What is a panic attack? What does it feel like? What causes attacks?* and *Can they be cured?*

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