



# Overcoming Panic Disorder

*Lorna Weinstock, Eleanor Gilman*

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**Overcoming Panic Disorder** Lorna Weinstock, Eleanor Gilman

Written exclusively by women for women, this practical and reassuring guide to understanding and treating an increasingly common ailment includes information on a wide variety of do-it-yourself therapies such as relaxation exercises, yoga, and self-hypnosis.

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