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Panic Attacks Workbook

A Guided Program for Beating the Panic Trick

By David Carbonell, Ph.D.

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If you suffer from panic attacks—the racing heart, shortness of breath, dizziness, and intense fear of going crazy or dying that can come out of nowhere and significantly alter your life—Dr. David Carbonell, Director of the Anxiety Treatment Center and an expert in the treatment of anxiety disorders, wants you to know that you are not alone. (“Even as it does this to millions of people, it also leaves them with the impression that they’re ‘the only one’ to have this strange problem. Nothing could be further from the truth.”) And even if over time you have begun to feel so demoralized “that you no longer hold out hope for a recovery,” you can make use of the self-tests, exercises, and coping skills offered in *Panic Attacks Workbook* to overcome this “very treatable problem” and regain control of your life. In fact, you may begin to feel better as soon as you start reading this accessible and reassuring guide to defeating “the panic trick,” the bad joke your own brain plays on you as it “fools you into thinking that you’re in immediate danger of a personal catastrophe,” “intimidates you into giving up [. . .] ordinary activities you used to enjoy and take for granted,” and “brainwashes you into acting and thinking in precisely the ways that make the problem worse rather than better.”

This essential handbook for getting your life back tells you how to “unmask” the panic trick and implement your own recovery program, using self-help strategies such as breathing techniques, panic diaries, cognitive therapy (changing your thoughts), and desensitization and progressive exposure (facing the very thing you fear, and thereby negating its power). Dr. Carbonell explains how to handle a panic attack, explores self-hypnosis to promote relaxation, and even suggests ways to discuss your problem with a friend or loved one. The author also answers in detail the question panic sufferers often ask themselves: Why is this happening to me? But Dr. Carbonell wants you to stop blaming yourself for your attacks: “There is no reason to feel guilty for or ashamed of having panic attacks. If you have panic attacks, that’s your problem to solve or leave unsolved. But don’t get fooled into thinking it is your fault.” It’s not your fault. You’re not alone. You can recover. With a copy of this compassionate, user-friendly guide to defeating the panic trick once and for all, you’ll be well on your way.

—Ann Stapleton