



# Panic Attacks Workbook: A Guided Program for Beating the Panic Trick

By David Carbonell

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## Panic Attacks Workbook: A Guided Program for Beating the Panic Trick

By David Carbonell

Panic Tricks You Panic is an insidious trick that makes you fear simple, everyday things: driving, shopping, socializing, traveling and more. The first attack comes out of nowhere, and then panic tricks you into responding in precisely the ways that invite the panic back, again and again. But It's Just a Trick The panic trick is highly effective and has drawn millions of people into panic attacks and phobias. But you can outsmart and beat this trick. Panic Attacks Workbook shows you how, with a step-by-step guide from panic to recovery. The proven methods in this book show how to identify the panic trick and empower you with the tools to address your fears and solve this debilitating problem. Steps to Recovery Part 1 details precisely what the panic trick is and how it operates. It also includes exercises to help you find evidence of the trick at work in your own life. Part 2 starts you on the path to recovery with hands-on lessons that prepare you for the primary program in Part 3. Part 3 shows you how to design and implement your own desensitization and exposure program that will free you from panic attacks and phobias. Part 4 offers additional help with the five most common phobias—claustrophobia, social phobia, and the fears of flying, public speaking and driving. An expert in the treatment of anxiety disorders, Dr. David Carbonell has conducted training and seminars for a wide variety of professional and consumer groups throughout the United States. He is an avid proponent of self help for people with anxiety problems and maintains a website ([www.anxietycoach.com](http://www.anxietycoach.com)) that offers extensive self-help materials for people with fears and phobias. Dr. Carbonell, a clinical psychologist, is the founder and director of the Anxiety Treatment Center, Ltd., which offers outpatient treatment for people suffering from fears and phobias in Chicago and New York. He is a member of the American Psychological Association, the Anxiety Disorders Ass

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Dr. David Carbonell is the founder and director of the Anxiety Treatment Center in Chicago.

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