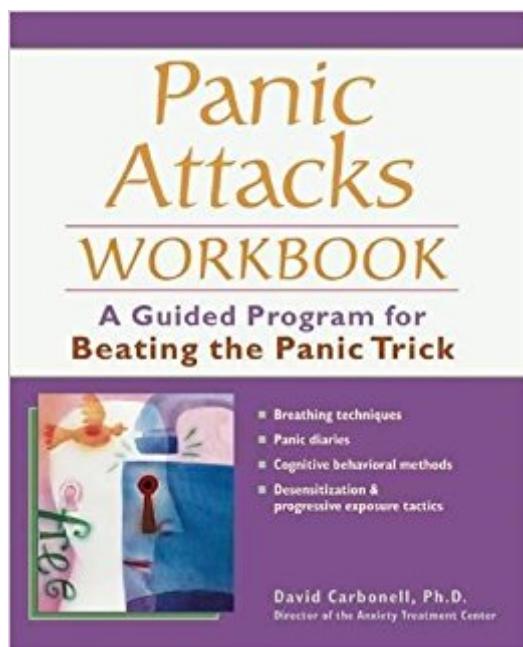


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# Panic Attacks Workbook: A Guided Program For Beating The Panic Trick



## **Synopsis**

With methods and exercises based on the author's extensive clinical experience, *Panic Attacks Workbook* helps people understand the true nature of their panic attacks. It demonstrates the vicious cycle of habitual responses that lead to debilitating attacks, teaches how to halt this self-destructive process, and guides people along a proven path that promotes recovery. David Carbonell outlines such cognitive behavioral methods as diaphragmatic breathing, progressive exposure, desensitization, relaxation, keeping a panic diary, and much more. He shows how to cultivate a personal attitude that facilitates solutions rather than placing blame. He clearly explains how the very nature of panic leads people into a chronic cycle of anticipation, panic, and helplessness, and details how to overcome this pattern with innovative responses and an attitude of acceptance. Charts, worksheets, and program outlines help point the way through the workbook and on to recovery.

## **Book Information**

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## **Customer Reviews**

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

My SEVERE driving phobia came on, out of the blue, just over 2 years ago (after driving fine for many years). Bridges, overpasses, elevated areas, and sharp curves caused me the most problems. After the first few months of trying without any success I just gave up. I lost all my freedom and felt completely worthless and useless. After two years of feeling like a prisoner in my

own home I decided enough was enough and started searching for help. I sure wasted a whole LOT of time and money along the way but I finally landed here on this book. Hope whoever is reading this review has found it early in your search because this it's really all you need if you have a strong will to succeed. I couldn't drive anywhere really. The horrific and paralyzing fear was just too great. I purchased this book two months ago and started practicing immediately after hurriedly (but thoroughly) reading it all the way through and following his suggestions to the letter. Now here I am, two months later, about to take off on a 500 mile trip to see my daughter and I'm completely calm and confident. YOU CAN DO THIS!! It will NOT be easy, no, not at all but please KNOW you can! When that day of freedom finally comes you will be beyond glad, you will be and feel many wonderful things. Important Note: I temporarily developed generalized anxiety while practicing as my nerves were raw. Not realizing what was going on I thought something horrible must be wrong with me and I nearly quit shortly after I started. I later learned about being extremely sensitized, that it was normal in the first few weeks, and that it would pass. I really didn't believe it would pass but it did. I used the techniques from *Hope and Help for Your Nerves* by Claire Weekes to get through the generalized anxiety while practicing to overcome the driving phobia. I highly recommend you have it in your arsenal before starting out on your road to recovery and freedom. It's very old school. You just have to chuckle and look past that. She did mention using medication but you don't need it. If you're like me, you think you need it, you think it's the only answer, but it's not and it would be another thing you would have to work through later so why do that to yourself. So thankful I didn't believe it.

This book has been invaluable to me. For the bargain price of \$12, this purchase should be a no-brainer for anyone seeking help for panic attacks and especially panic disorder. A little about me: I have been suffering from Panic Disorder for the past 6+ months. A series of traumatic events in my life manifested itself as severe panic attacks but only when I would get behind the wheel of my car. I used to love driving. But then, driving, even a short distance down my block, caused me to have full-blown panic attacks. Every time I would drive I would be paralyzed by fear; I was going to lose my vision, I was going to lose control of my car, etc. I took shelter under Rx meds and restricted my driving to only nearby places. I sought help from a psychiatrist and a therapist as well as purchasing a different book from . I cut out caffeine, sugar substitutes and started exercising. None of it helped me. I purchased this book and started reading. I took the author's advice and read each page slowly and carefully - making sure that I paid attention to everything. Dr. Carbonell has a very personal way

of writing - I felt as if he were talking directly to me. It is a sizable book and did take me a few nights to read (and then re-read) but overall I found this book very easy to read and absorb the advice. The workbook portions of the book were extremely helpful. (If you are about to buy the book - SPOILER ALERT) When you engage actively in the workbook portions, he has a way of drawing out your fears, your REAL fears and then showing you that your fears are not based on anything other than a "trick" your mind is playing on you. For me, this was enlightening. He describes how the human brain functions and how the innate functions of the brain can reinforce your panic attacks and gradually make them worse. He does not try to deceive the reader - overcoming panic disorder WILL BE WORK but it is within their reach. I started reading this book a month ago and have been following his advice and using the tools he provides and I am now driving without a problem on the surface streets and have ventured onto the freeway for a combined time of more than one hour (something I had not done in 6 months). If Dr. Carbonell is reading this review - THANK YOU!

I bought this book after I got tired of avoiding so many normal things that I used to love. I had quit going to planetariums, thru carwashes, stopped taking elevators, and quit flying. I felt afraid of everything all the time and worried when the next thing I felt "trapped" by would appear. This book is a lot of work, and mentally the excercises make me exhausted...at first. BUT as I keep at each fear I have gained so much freedom back. I now take elevators, carwashes, go to the planetarium...and have a flight scheduled in two weeks. I am nervous about that, but now that I know how panic works I believe I can overcome it. I highly reccommend this book. The author totally gets how my mind thinks and Im beyond grateful that Dr. C wrote this book. Better than many therapists Ive been to by far!

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