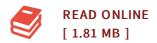




When Panic Attacks The New, Drug-Free Anxiety Therapy That Can Change Your Life

By David D. Burns M. D.

Harmony. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 9.1in. x 6.1in. x 1.0in. Are you plagued by fears, phobias, or panic attacks Do you toss and turn at night with a knot in your stomach, worrying about your job, your family, work, your health, or relationships Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurityWhat you may not realize is that these fears are almost never based on reality. Anxiety is one of the worlds oldest cons. When youre anxious, youre actually fooling yourself. You are telling yourself things that simply arent true. See if you can recognize yourself in any of these distortions: All-or-Nothing Thinking: My mind will go blank when I give my presentation at work, and everyone will think Im an idiot. Fortune Telling: I just know Ill freeze up and blow it when I take my test. Mind Reading: Everyone at this party can see how nervous I am. Magnification: Flying is so dangerous. I think this plane is going to crash! Should Statements: I shouldnt be so anxious and insecure. Other people dont feel this way. Emotional Reasoning: I feel like Im on the verge of cracking up!Self-Blame: Whats wrong with me Im...



Reviews

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Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in.Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing in the doorway, a woman, resembling her...



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

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Molly on the Shore, BFMS 1 Study score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...



Magnificat in D Major, Bwv 243 Study Score Latin Edition

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Shepherds Hey, Bfms 16: Study Score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...