



**A Short Book on Anxiety and Panic Attacks: A Therapy Toolkit promoting healing for sufferers of anxiety, panic attacks and agoraphobia through psychological and other practical methods**

*Dr Ashley Conway*

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Suffering from panic attacks or a significant anxiety problem can be surprisingly common. About one in fifteen people will experience one or the other - and occasionally both - at some time in their lives. In this short book, clinical psychologist Dr Ashley Conway describes the symptoms of anxiety, panic attacks and agoraphobia and outlines a range of methods - both practical and psychological - to help sufferers deal with their feelings and promote healing. Conway writes in simple, easy language and after each section offers a bullet point summary of the key issues. He frames the discussion with case studies based on his years of experience in dealing with individuals who have worked through and recovered from anxiety problems. Introducing the Therapy Toolkits, a new series of short, user-friendly, 15,000-word books designed to help you confront the things that worry you or which might be holding you back, and to enable you to effect lasting change.

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