



Embracing the Fear: Learning To Manage Anxiety & Panic Attacks

Judith Bemis, Amr Barrada

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A compassionate look into managing anxiety disorders, simple phobias, panic disorders, and agoraphobia, *Embracing the Fear* offers effective techniques in visualization, meditation, and inner-dialogue. The book and audiocassette (sold separately) help us accept and change panic and avoidance responses, and assist us in identifying anxiety triggers.

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