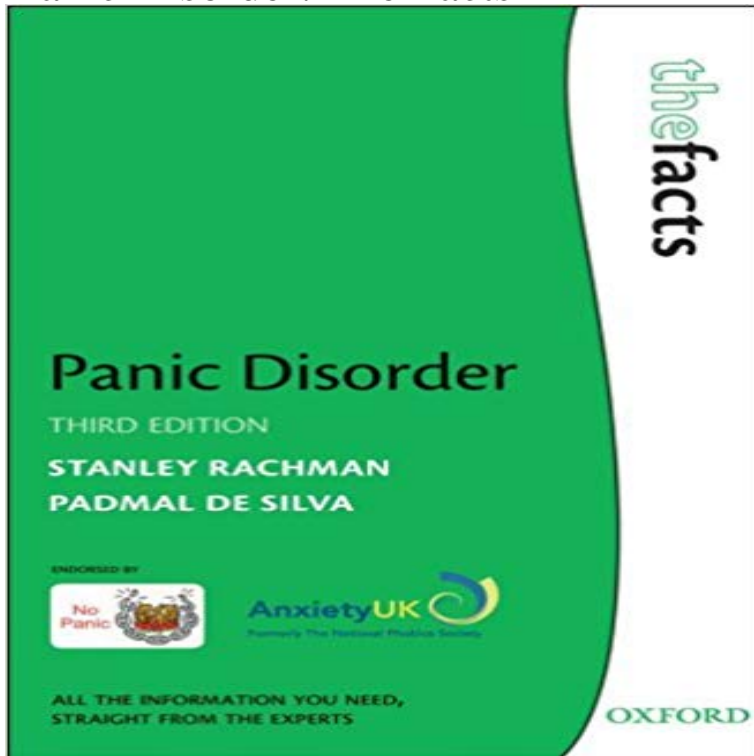


Panic Disorder: The Facts



Panic disorder is a remarkably common psychological condition, characterized by sudden attacks of intense fear and panic. Approximately 3% of the population will experience some aspects of panic disorder during their lifetime. Incredibly distressing, it can have an adverse effect on most aspects of the persons life, especially if chronic. This new edition of Panic Disorder: The Facts includes valuable new information on treatment and discusses the relationship between panic disorder and other anxiety conditions. It also assesses the evidence for the available treatments, drawing from the latest scientific research. Up-to-date information on the nature, symptoms, causes, theories and treatment of panic disorder is provided, all in non-technical language. The chapters on treatment give a detailed account of psychological therapy and also discuss drug treatment. Numerous personal accounts are given throughout the book, highlighting various aspects of panic disorder and its treatment and management. Though mainly intended for sufferers of panic disorder, and their families and friends, it will also be of interest to the general reader, and to health care workers who have to deal with this problem. Clearly written by two leading experts, the book will remain a valuable source of information for anyone affected by this disorder.

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I treat Panic Attacks and Interesting panic attacks facts. **Self-Help Strategies for Panic Disorder AnxietyBC** Panic attack disorder facts that can help you get well! Now theres hope! Learn how to overcome panic attack disorder Beat panic and live again! **Interesting Panic Attacks facts and statistics - Online Expat Counseling** A national non-profit mental illness advocacy organization improving lives since 1984. Panic Disorder . Follow Freedom From Fear on: **Panic Disorder Fact Sheet - Healthier You** Panic disorder is the term used to describe when panic attacks are recurrent and disabling. **Quick Facts on Panic Disorder Child Mind Institute** Nocturnal panic attacks: it is possible to have panic attacks while you are sound asleep. The symptoms are similar to those of daytime panic attacks. You may experience shortness of breath, gasping for air, and chest pain. Also, feelings of de-realization and depersonalization are common. **Panic Disorder: The Facts - North Shore Pediatric Therapy** Feb 21, 2006 Panic disorder is characterized by unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include **Interesting Panic Attacks facts and statistics - Online Expat Counseling** Panic disorder is characterized by un-expected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain, heart **Panic Attack Medications, Treatment, and Symptoms - MedicineNet** Dec 20, 2009 Panic disorder is a remarkably common psychological condition, characterized by sudden attacks of intense fear and panic. Approximately 3% **Psybersquare: Panic Disorder - Quick Facts** Panic Disorder Fact Sheet. Panic Disorder Facts. Panic disorder is one of the most treatable of all mental illnesses. 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Learn more about **Stats on Panic Disorder Psychology Today** Dec 29, 2014 Knowing the important panic disorder facts here will help people recognize their own symptoms or be able to support someone having a panic Jun 24, 2016 Panic attacks may be a symptom of an anxiety disorder. Symptoms and signs include palpitations, shaking, and chest pain. Get the facts on