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Anxiety, Panic Attacks And Agoraphobia Made Simple

Mark Allen Eisenstadt

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"Anxiety, Panic Attacks and Agoraphobia Made Simple" is an update and revision of the highly-popular "Freedom From Agoraphobia." The manual has been retitled because it is for people who have Anxiety and Panic Attacks as well as those who suffer from Agoraphobia. It gives a complete set of steps for overcoming these problems. The author has gone to great lengths to explain these conditions and how to become free of them in everyday, conversational language that can be easily understood. Thus, anyone can follow and apply the program her or himself. The manual is also intended for therapists who are treating people who have these problems. The therapist and patient can follow the program step by step while the therapist adds her/his own knowledge and expertise to smooth out any difficulties that arise.

Hundreds of patients have found relief through this program's combination of methods from many forms of therapy including Cognitive Therapy, Behavioral Therapy, Insight-oriented Psychotherapy, Family Therapy and meditation. Additionally, a crucial understanding of the psychological causes of these conditions was discovered and is given here.

Many have said that this book and the insights it contains have been the most important discovery of their lives. It was written out of caring for those who suffer from these imprisoning conditions and who yearn for a roadmap to freedom. This is that roadmap.

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Allen Yopp:

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