



When anxiety and panic strike!: Techniques to cope

Valerie Widmann

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Do you often feel like you're going to die from an anxiety or panic attack? Are you fed up of trying various treatments that do not seem to work? Are you afraid of being resigned to a life of anxiety and loneliness? Do you feel that nobody understands what you are going through? Are you someone who has an anxious child or partner and feels unable to help them? Are you afraid of talking about your mental illness because of the stigma associated with it? Valerie Widmann aims to "raise the roof on mental illness." Raising awareness means that we can change mental illness to mental wellness. She talks candidly about why we might feel like anxiety is taking over our lives and how we can regain control of it.

In her latest book, you will learn:

- How to identify triggers and deal with your symptoms
- How to stop worrying
- How to help someone who is anxious
- The benefits of exercise, medication, meditation and a change of environment
- The current gold standard of therapy including CBT and EMDR

You have one life and you control the agenda for it. If anxiety and mental illness lead you to feeling out of control, this book is for you. The power is in your hands!

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