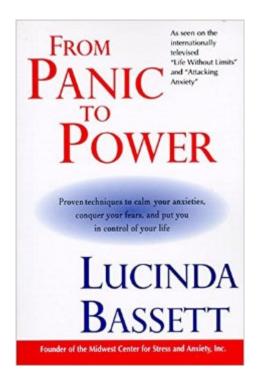
## The book was found

# From Panic To Power: Proven Techniques To Calm Your Anxieties, Conquer Your Fears, And Put You In Control Of Your Life





# **Synopsis**

From Panic to Power is Lucinda Bassett's inspiring account of the proven techniques she used to overcome anxiety disorder and regain control of her life. A bestseller with more than 72,000 hardcover copies sold, From Panic to Power offers techniques and skills to the everâ "growing number of people who are adversely affected by today's overwhelmingly stressful environment. Lucinda Bassett's effective program, which teaches people how to think differently and respond in a less anxious way, is enabling hundreds of thousands all over the world to transform their draining doubts, fears, and anxieties into positive energy and newfound freedom. Her methods allow sufferers to gain a new understanding of themselves and their challenges when dealing with anxiety and teach effective skills to help transform negative selfâ "talk and destructive worry habits into recently discovered compassion and confidence.

### **Book Information**

Paperback: 288 pages

Publisher: HarperCollins; 1 edition (January 2, 2001)

Language: English

ISBN-10: 0060927585

ISBN-13: 978-0060927585

Product Dimensions: 1 x 6 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â See all reviews (209 customer reviews)

Best Sellers Rank: #19,438 in Books (See Top 100 in Books) #103 in Books > Self-Help > Stress

Management #477 in Books > Self-Help > Motivational #1364 in Books > Parenting &

Relationships

# **Customer Reviews**

on stress and anxiety. I liked Lucinda's book because it was the first that gave me hope as a sufferer of anxiety disorder/agoraphobia. I saw there was someone who suffered through agoraphobia and had actually recovered completely. I'd spent years in psychotherapy with doctors who treated me more as an object than a patient. My therapists really didn't do much to help me to recover, because most didn't understand what it was like to have anxiety disorder. Talking about problems regarding anxiety can only do so much if you don't have the skills to recover. And drug therapy, as beneficial as it is, is not always the solution to long-term recovery. I've known people who have been on a variety of anxiety-reducing medications for decades at a time. Lucinda's book

initially helped me to return to graduate school. This was big for someone who had panic attacks every three to four minutes, and who couldn't even read a novel, watch t.v., or go out places without a panic attack. But I admit I relapsed. But, it's only because I stopped using the techniques she outlines in the book. (When I had moved, I left her book at home.) Funnily enough, I relapsed after I started going to therapy at school believing that this would help me recover. My anxiety problems only grew worse and I became agoraphobic. For a few years afterward, I hated going inside grocery stores at all -- but, since I was alone -- I drove to them at an early hour to avoid as many people as possible. I also avoided shopping. I was homebound in my house for several years as well. I rediscovered Lucinda's book this year and purchased her tape series. Lucinda's approach is cognitive/behavioral therapy in psychojargon. I'm not sure you'd get that from this book, but on the tapes she does so.

#### Download to continue reading...

From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life Tapping the Healer Within: Using Thought-Field Therapy to Instantly Conquer Your Fears, Anxieties, and Emotional Distress Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions Panic Stations Guide To Statement Analysis: Are they lying to you? (Panic Stations Guide to Life the Universe and Everything Book 14) The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress. Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) The Cautious Canine-How to Help Dogs Conquer Their Fears Panic Attacks Workbook: A Guided Program for Beating the Panic Trick Put Your Science to Work: The Take-Charge Career Guide for Scientists - Practical Advise,,, Proven Techniques Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook) Along the Archival Grain: Epistemic Anxieties and Colonial Common Sense Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Diabetes Lifestyle Book: Facing Your Fears and Making Changes for a Long and Healthy Life 101 Reasons Why He Won't Commit To You: The Secret Fears, Doubts, And Insecurities That Prevent Most Men From Getting Married

Adult Swear Word Coloring Book: Fuck You & Other Irreverent Notes To Annoying People: 40 Sweary Rude Curse Word Coloring Pages To Calm You The F\*ck Down (Adult Swear Word Coloring Books) (Volume 1) My Money Matters \$: Control the Finances and Conquer The Panic-Free Pregnancy: An OB-GYN Separates Fact from Fiction on Food, Exercise, Travel, Pets, Coffee, Medications, and Concerns You Have When You Are Expecting Don't Panic Third Edition: Taking Control of Anxiety Attacks (Newest Edition)

**Dmca**