

# Panic Disorder Resources

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## INTERNET WEBSITES

[www.adaa.org](http://www.adaa.org) - This is the website of the Anxiety Disorders Association of America. It contains a lot of good general information on this disorder. There are also reviews on a number of books on this subject as well. This site also has chat rooms for discussion of issues related to anxiety and panic disorders. This website is highly recommended.

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) - This is the national website for the Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on panic disorders and a lot more.

[www.nami.org](http://www.nami.org) - This is the national website of NAMI, with much general information on mental illness, advocacy and research.

[www.ohiopsych.org](http://www.ohiopsych.org) - This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

[www.healthyminds.org](http://www.healthyminds.org) - This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

## BOOKS

### ***The Anxiety & Phobia Workbook Third Edition***

Written by Edmund J. Bourne, Ph.D.

This workbook is a practical and comprehensive guide offering help to anyone who is struggling with anxiety or an incomprehensible fear. Step-by-step guidelines, questionnaires and exercises will help you learn skills and make lifestyle changes necessary to achieve a full and lasting recovery.

### ***Don't Panic: Taking Control Of Anxiety Attacks***

Written by R. Reid Wilson, Ph.D.

Panic. Almost everyone has experienced it at one time or another, but in the form of a panic attack, it can be incapacitating. In *Don't Panic*, a leading expert offers an accessible and practical self-help program for reducing and eliminating these attacks. With insight and compassion, he explains how attacks occur, provides a detailed 5-step strategy for controlling the moment of panic and shows how to use breathing exercises, focused thinking and mental imagery to elicit the body's natural "Calming Response." Packed with useful information that can begin reducing the power of these attacks immediately, this perennial seller is an invaluable tool for the millions of Americans coping with this crippling condition.

### ***An End To Panic: Breakthrough Techniques For Overcoming Panic Disorder***

Written by Elke Zuercher-White, Ph.D.

This book provides step-by-step instructions for achieving "Interoceptive Desensitization," a new and proven technique that allows you to feel the physical symptoms and overcome the fear associated with them. With the physical symptoms of panic under control, you'll go on to learn skills for challenging and mastering fearful situations, as well as coping with stress and conflict in your life.

### ***Master Your Panic And Take Back Your Life: Twelve Treatment Sessions To Conquer Panic, Anxiety, and Agoraphobia***

Written by Denise F. Beckfield, Ph.D.

Beckfield uses her in-depth understanding of important emotional themes underlying panic to help you figure out your own, unique sensitivities. You're encouraged to look at aspects like genetics, personality traits, and early experiences that may have lowered your anxiety threshold, as well as touchy issues like loss and anger that feed into panic attacks. Eye-opening quizzes and exercises are a big help here -- you'll learn a lot about your feelings and thought patterns that cause physical reactions like shaking,

palpitations, dizziness, chills, nausea, chest pain, and that horrible sensation of losing control or “going crazy.” Using simple techniques like the controlled breathing exercise to help you chill out quickly during anxious times, you'll realize the scary sensations not only do pass; in time, you can make them disappear completely.

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This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

*Educating Patients on Mental Illnesses and Community Services*

*A Joint Educational Collaboration Between*



[www.ohiopsych.org](http://www.ohiopsych.org)



[www.mhafc.org](http://www.mhafc.org)



[www.namifc.org](http://www.namifc.org)