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Titolo	Panic Attacks: What They Are, Why They Happen, and What You Can Do About Them
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Sommario/riassunto	A clear, practical audio to help you overcome panic attacks. This 90 mins authoritative cassette explains what panic attacks are, why they happen, and what every reader can do to empower themselves and regain control over their panic. It contains: What to do during an attack* What's happening during an attack* Self-help to prevent attacks from developing* Lifestyle, therapies and complementary therapies. Panic Attacks Audio is consistently straightforward, informative and reassuring.