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Titolo	Understanding Panic and Other Anxiety Disorders [[electronic resource]]
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Sommario/riassunto	A patient's guide to panic disorder, panic attacks, and other stress-related maladies. Download Plain Text version. Twenty years ago panic disorder was often misunderstood and misdiagnosed. Its symptoms frequently mimicked non-psychiatric diseases, making it a mystery to both doctors and patients. Sufferers filled emergency rooms and doctors' offices and endured countless general examinations that revealed nothing. In Understanding Panic and Other Anxiety Disorders , Benjamin Root, a practicing psychiatrist since 1986, gathers the very latest research and news on the newest pharmacological and