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HOW TO GIVE CLIENTS THE SKILLS TO STOP PANIC ATTACKS: DON T FORGET TO BREATHE (PAPERBACK)



JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2012. Paperback. Condition: New. Original. Language: English. Brand New Book How to Give Clients the Skills to Stop Panic Attacks shows how it is possible to prevent and abort a panic attack through lifestyle change and mind-body relaxation. Presenting an effective approach rooted in the philosophy of functional medicine, this book proposes using calming breathing techniques as the foundation to controlling the anxiety that causes panic. Breathing is then combined with positive imagery, rational...

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- Authored by Sandra Scheinbaum
- Released at 2012



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