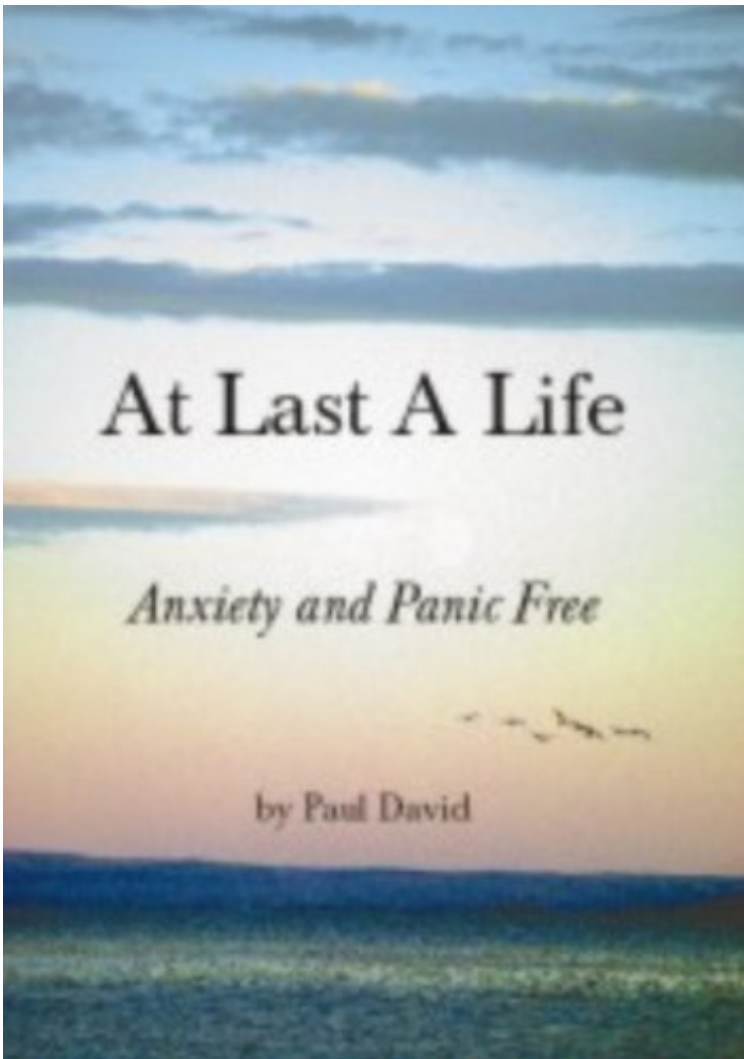


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Description :

Prsentation de l'diteurThe complete and natural cure for anxiety and panic issues.At Last a Life is my own experince and recovery through anxiety, panic and depersonalisation. One of my main aims in writing this book was to make it as easy as possible to read and understand; to get my message across from a sufferer's point of view and dilute all the jargon that you may have found hard to understand in the past. I also felt strongly that I had something else to say than had been churned out before, mainly by people who had never actually been through it. Every common symptom is explained in the book, not just the anxiety, but also, the feelings of unreality, the racing thoughts, feelings of dread, lack of confidence, depression, the constant worry cycle and many more symptoms that I have come across over the years. The book has had huge success around the world and is often referred to patients by doctors and therapists alike.

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explainedChapter 7: Understanding Feelings of unrealityChapter 8: Scary Irrational ThoughtsChapter 9: Other symptoms explainedChapter 10: We Need One RouteChapter 11: Born to WorryChapter 12: Some Final PointsChapter 13: Coming through DepersonalisationChapter 14: Frequently asked questionsChapter 15: SummaryPrsentation de l'diteurThe complete and natural cure for anxiety and panic issues.At Last a Life is my own experince and recovery through anxiety, panic and depersonalisation. One of my main aims in writing this book was to make it as easy as possible to read and understand; to get my message across from a sufferer's point of view and dilute all the jargon that you may have found hard to understand in the past. I also felt strongly that I had something else to say than had been churned out before, mainly by people who had never actually been through it. Every common symptom is explained in the book, not just the anxiety, but also, the feelings of unreality, the racing thoughts, feelings of dread, lack of confidence, depression, the constant worry cycle and many more symptoms that I have come across over the years. The book has had huge success around the world and is often referred to patients by doctors and therapists alike.

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