

10 SIMPLE SOLUTIONS TO PANIC

How to Overcome Shyness, Social Anxiety, and Fear of Public Speaking

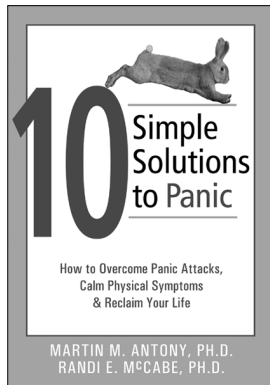
By Martin M. Antony, Ph.D., and Randi E. McCabe, Ph.D.

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FOR IMMEDIATE RELEASE

CONTROLLING PANIC WITH 10 SIMPLE SOLUTIONS



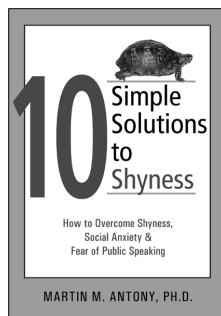
Imagine a rush of terror.

The urgent desire to escape, to the inability to breathe normally, non-specific fear that suddenly consumes you.

This immediate response to a perceived threat, accompanied by intense physical symptoms, is a panic attack. *Panic* differs from plain old *fear* in that it occurs without any obvious trigger or cause, even when one is sleeping. Physical symptoms of panic can include a fear of dying, going crazy or losing control, numbness and tingling sensations, chest pain, racing heart, shortness of breath, nausea, dizziness, and sweating.

In their book ***10 Simple Solutions to Panic***, anxiety experts Martin M. Antony, Ph.D., and Randi McCabe, Ph.D., teach readers how to understand their panic and fear and implement proven-effective strategies for combatting panic attacks. Readers will learn to recognize situations they regularly avoid, and make and set realistic short-term and long-term goals for change. They learn to replace anxious thinking with realistic thinking, and learn exposure techniques that allow them to confront places and situations that bring on panic. Also included is an overview of medications, and help for maintaining progress.

The authors will give readers who have at one time or another experienced seemingly unexplainable, intense mental and physical attacks of overwhelming fear, 10 simple and proven strategies for combatting panic attacks



Also available in the series:

10 Simple Solutions to Shyness

(New Harbinger, June 2004)

**FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
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How to Overcome Shyness, Social Anxiety, and Fear of Public Speaking
By Martin M. Antony, Ph.D., and Randi E. McCabe, Ph.D.

ABOUT THE AUTHORS



Martin Antony, Ph.D., is the Chief Psychologist and Director of the Anxiety Treatment Research Center at St. Joseph's Hospital in Hamilton, Ontario. An Associate Professor in the Department of Psychiatry and Behavioral Neurosciences at McMaster University in Hamilton, Dr. Antony is the author of eight other books, including *The Shyness and Social Anxiety Workbook* and *When Perfect Isn't Good Enough*, and *10 Simple Solutions to Shyness*.



Randi E. McCabe, Ph.D., is a staff psychologist at St. Joseph's Healthcare in Hamilton, Ontario, who also maintains a private practice. She has published over twenty-five journal articles and chapters in professional books.

PRAISE FOR DR. ANTONY AND DR. MCCABE

"Antony and McCabe have presented evidence-based treatments for panic disorder from both psychological and pharmacological view points in a superbly clear and succinct manner...Their review provides an excellent resource for professionals as well."

-Michelle G. Craske, Ph.D., professor of psychology, UCLA

"There are plenty of self-help books for anxiety and panic; however, Antony and McCabe provide something novel and much needed-a concise, easy-to-read manual fully grounded in scientifically-based clinical practice."

-Norman B. Schmidt, Ph.D., professor of psychology and director of the Anxiety and Behavior Health Clinic at Florida State University (Tallahassee)

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SUGGESTED INTERVIEW QUESTIONS

- How many people in the U.S. suffer from a panic disorder?
- What are some of the symptoms of a panic attack?
- What is the most common form of panic disorder, and how would set about treating it?
- Could you explain the importance of setting realistic goals to the recovery process?
- Could you give examples of *anxious thinking* and *realistic thinking*? How does one change anxious thinking?
- In Chapter 7 you discuss subtle avoidance strategies — could you define that term and the need to eliminate them?
- Chapter 10 discusses medications — is medication usually needed to treat panic disorders? How does one determine when medication is necessary?

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