

## Panic Attacks And Me



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BalboaPress. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Using her own lifetime experiences, Kay Hammond has written a useful book for others with the same problem-panic attacks. In short chapters about situations a panicked person might find themselves in (such as losing keys), Hammond has provided flurries of questions a person might ask themselves, questions that are geared toward helping the person realize that another person has been there and found ways to find a calming solution. She ends each small chapter with a litany of hope and actions to take, plus reassurance that reflects her own strong belief in a God who shows his care for panicked people. The Poems contains several of her positive and uplifting poems. -Lianne Mercer, R. N. , M. S. N. , C. P. T. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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