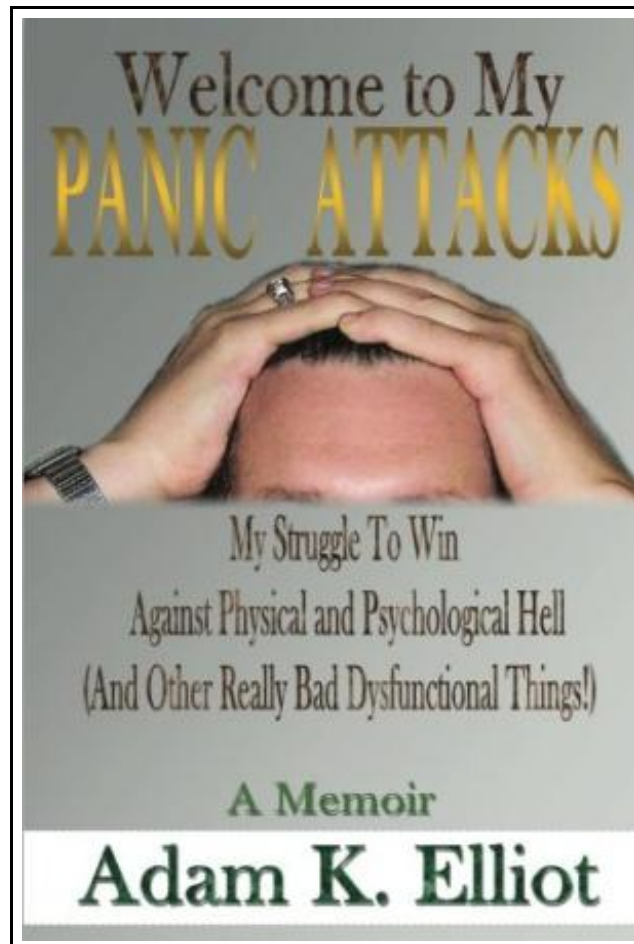


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to My Panic Attacks My Struggle to Win Against Physical and Psychological Hell (And Other Really Bad Dysfunctional Things!) A Memoir If you suffer from panic attacks, or if you care about someone who suffers from them, you need to read this book. Panic attacks can destroy one s life. I know, because it destroyed mine for many years. My life was a succession of doctors, both competent and incompetent. The incompetent ones didn t recognize that my panic attacks were real and not just a figment of my imagination or an extreme form of hypochondria. The challenge is that not many people know about panic attacks! Add to the mix a dysfunctional family, a crazy boss, a vengeful ex-wife, a tumor in the head, and a litany of drugs, and you ll have an idea of the journey you ll be taking with me as you read about my struggles. But the good news is that there is life and light at the end of the tunnel. In my new memoir, you will experience my pain, but you will come to know that laughter and happiness can arise from the depths of misery. More importantly, it is my hope that the story I tell within the pages of this book will be a clarion call to doctors throughout the world that they need to listen to their patients, that panic attacks are real, and that they can destroy lives. It only takes one wise doctor with an open mind to end one person s nightmare of having to live with the daily specter of panic attacks; the terror that is ready to pounce unannounced and when...



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