



## Panic Attacks: a resource for panic sufferers or students

*Dr Jerry Kennard*

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This introductory guide is about panic and panic disorder. It is aimed towards those who suffer with panics, those who support a panic sufferer, or students who wish to develop insights into the condition. Dr. Kennard provides a concise easy-to-read introduction for people who want something more than a leaflet or a webpage, but less than a standard textbook. Whether you are a panic sufferer, a helper or a student, you will hopefully find enough here to answer your most pressing questions about panic and panic disorder, its diagnosis, characteristics and treatment methods. Many people from non-health backgrounds are also interested in aspects of the human condition. All they are seeking is an informed way into some of these potentially difficult and confusing topics, littered as they often are with jargon and assumptions. Dr. Kennard eases the reader through the issues with lively descriptions, useful images, worksheets and self-help strategies. He packs a lot into a small space making the book great value for money.

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