



# Wenn plötzlich die Angst kommt: Panikattacken verstehen und überwinden (German Edition)

*Roger Baker*

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Roger Baker, der nach Jahren der wissenschaftlichen Beschäftigung mit dem Thema "Panikattacken" selbst Betroffener wurde, zeigt eine klare Perspektive auf: Es ist möglich, Panikattacken zu überwinden, aber es ist eine Illusion, für immer von allen Angstzuständen frei sein zu wollen. Was jeder Patient verlieren kann, ist die Angst vor der Angst. Und zu diesem Ziel hin gibt es praktische und für jeden realisierbare Schritte, die in diesem Buch von einem erfahrenen Psychologen beschrieben werden

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