

Understanding Panic And Other Anxiety Disorders (Understanding Health And Sickness Series) By Benjamin A. Root

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Anxiety disorders | mental health | ehow

Anxiety can be the root cause of a panic attack, so determining the difference between an anxiety attack and panic attack is all about understanding other anxiety

Understanding panic and other anxiety disorders

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Chronicity, relapse, and illness course of panic

Mary C. Zanarini, The Course of Anxiety Disorders Other Understanding eating disorders and the recurrence of generalized anxiety disorder, panic

Panic attack symptoms - anxiety and depression

A panic attack is the abrupt onset of intense fear or discomfort that reaches a peak within minutes and includes at least four of the following symptoms: