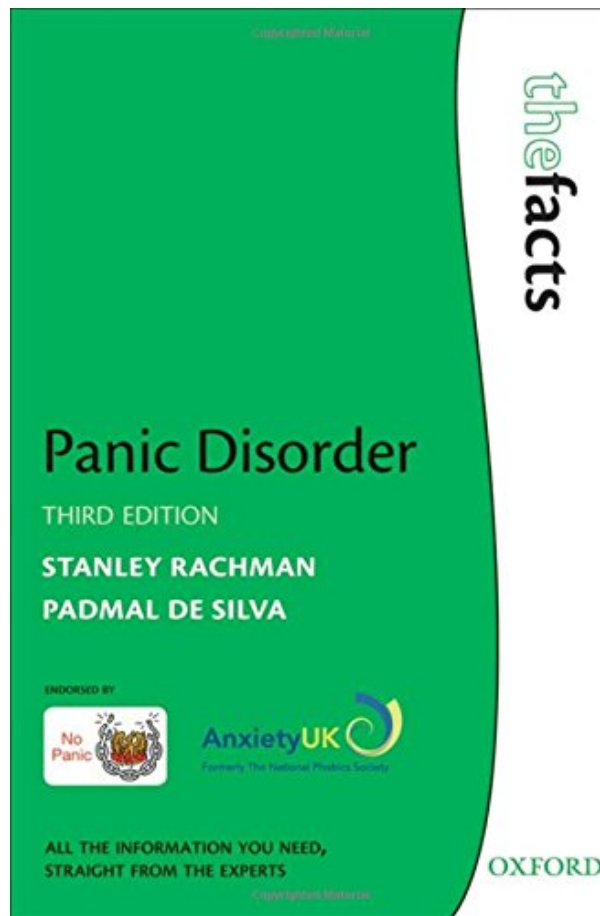
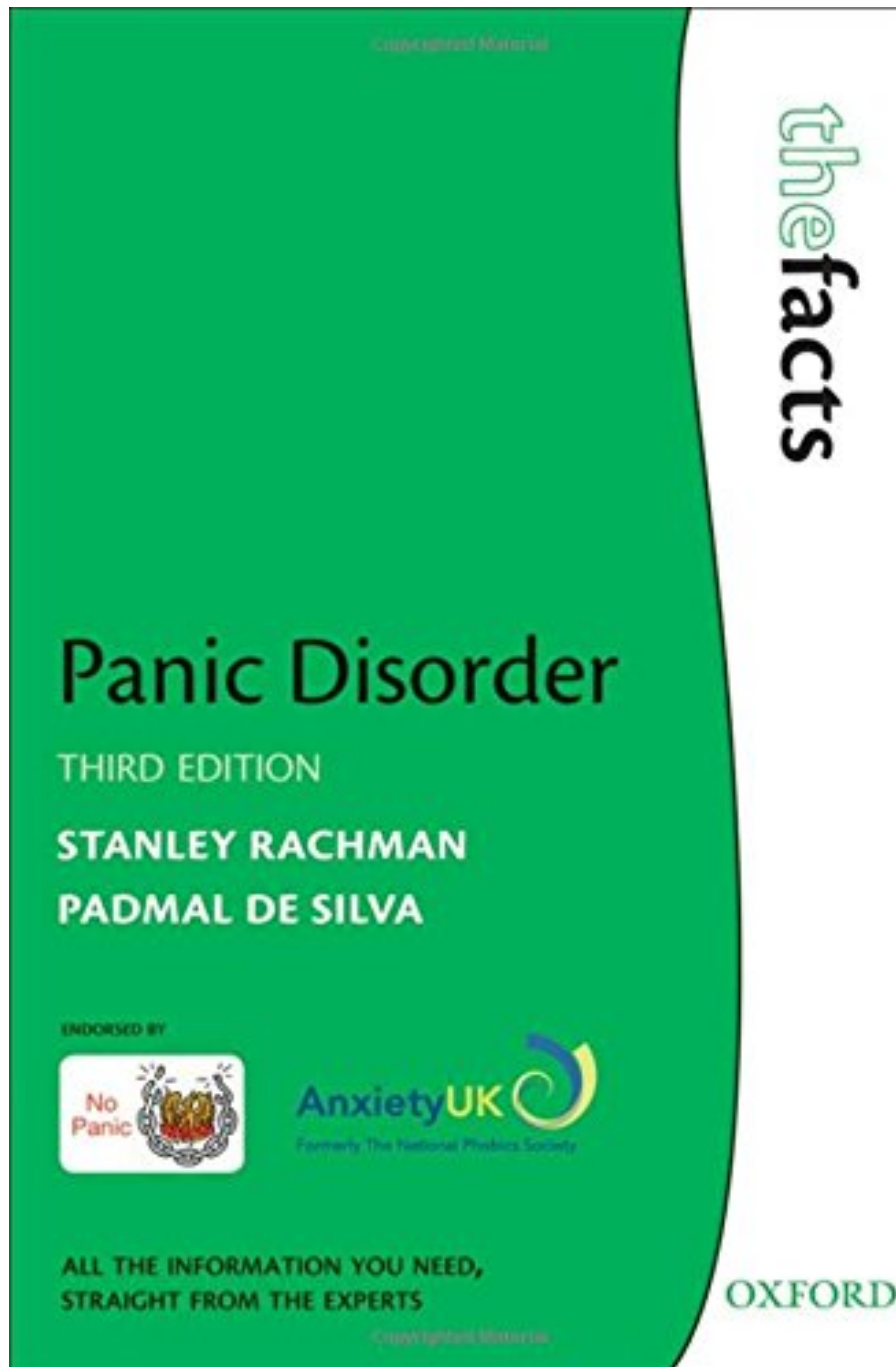


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Review

Review from previous edition: "The information is matter-of-fact and easy to grasp; reading the book may require some interest but no high level of education and certainly no psychological or medical knowledge." -
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About the Author

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Panic disorder is a remarkably common psychological condition, characterized by sudden attacks of intense fear and panic. Approximately 3% of the population will experience some aspect of panic disorder during their lifetime. Incredibly distressing, it can have an adverse effect on most aspects of the person's life, especially if chronic.

This new edition of Panic Disorder: The Facts includes valuable new information on treatment and discusses the relationship between panic disorder and other anxiety conditions. It also assesses the evidence for the available treatments, drawing from the latest scientific research. Up-to-date information on the nature, symptoms, causes, theories, and treatment of panic disorder is provided, all in non-technical language. The chapters on treatment give a detailed account of psychological therapy and also discuss drug treatment. Numerous personal accounts are given throughout the book, highlighting various aspects of panic disorder and its treatment and management.

Though mainly intended for sufferers of panic disorder, and their families and friends, it will also be of interest to the general reader, and to health care workers.

Clearly written by two leading experts, the book is a valuable source of information for anyone affected by this disorder.

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About the Author

Stanley Rachman is Fellow of the Royal Society of Canada and Professor of Psychology at University of British Columbia, Vancouver, Canada

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Eighty-nine pages of basic facts you can find anywhere online

By Ms. Janice Travis

This Oxford University Press title, one in a series of medical fact books, is a thin book with little information. It does give basic facts about panic, and some good practical advice for "self-help", but the information concerning psychotropic medications and treatments is misleading and outdated. If you want this information a basic self-help book would be cheaper and more useful.

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