



Overcome Phobias and Panic Attacks (Teach Yourself)

Sandi Mann

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Do you have a severe phobia which is limiting your ability to do what you want in life? Or do you find that you have regular panic attacks or severe anxiety that seem to have no root cause? If so, this is the book for you. It will help you deal with both the effects of your anxiety (for example, panic attacks) but also with the root cause of your phobia. The author, Dr. Sandi Mann, is a senior university lecturer and also a practitioner who has helped thousands of people to overcome phobias. Now, she has distilled her decades of experience into this practical and non-judgemental book, designed for anyone who needs help to overcome panic attacks and/or phobias.

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