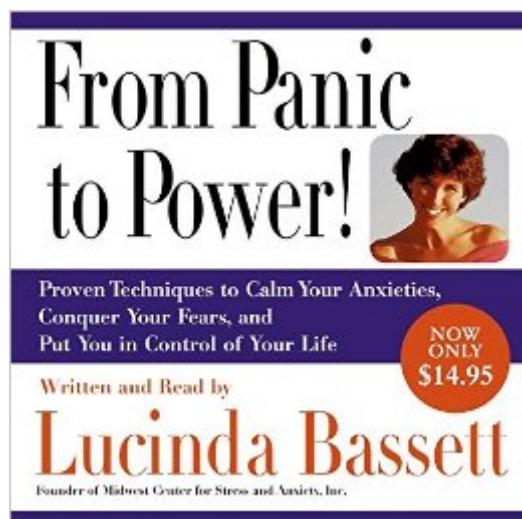


The book was found

## From Panic To Power



## **Synopsis**

Lucinda Bassett overcame crippling anxiety-panic disorder to create a highly successful Attacking Anxiety program. This audio is a combination of her personal story and her program. The tape contains techniques and skills that the program teaches, as well as case histories and testimonials from participants. This is an account of one woman's journey from fear, anxiety and panic to success, personal power and peace of mind, with direct, gritty, powerful advice on how anyone can change their life for the better.

## **Book Information**

Audio CD: 176 pages

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Product Dimensions: 5.8 x 0.4 x 5.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ  See all reviewsÂ  (25 customer reviews)

Best Sellers Rank: #174,646 in Books (See Top 100 in Books) #228 inÂ  Books > Books on CD > Health, Mind & Body > Personal Growth #229 inÂ  Books > Books on CD > Health, Mind & Body > Self Help #543 inÂ  Books > Health, Fitness & Dieting > Mental Health > Emotions

## **Customer Reviews**

This book has really been helping me. A person needs to look outside the box when reading this and really want to be helped with anxiety. Yes every story will not be like yours but its what you take out of it that matters. I was prescribed to read this book by a doctor because even medicine was not helping me. I am now slowly getting better and learning to control my thoughts and feelings with the ideas in this book.

This turned out to be something of a waste. The author's earnest voice was actually annoying as we the listeners are captive audience to her pep talk. Didn't care for this at all....it was lamentably short on specifics; just many examples out of her life and experiences, too specific to do much good. I wanted to like this, really I did, but this recording feels very very dated and a lot like cheerleading rather than AP psychology class.

Touches on all the major points relating to overcoming your anxiety. It's like a crash course in cCBT (cognitive behavioral therapy). The author does an excellent job of providing examples of how to overcome negative thinking, however it's up to YOU to put it into action!

I thought this was a great book! I already own the CD/DVD set, and the info is pretty much the same as this book. I knew that going in however from reading reviews like this one before I purchased it. This is useful information and I wanted to have both the book and the discs. I have recommended this book a few times, and most of the people I talked to about it liked it as well. If you are having panic attacks, the best thing you can do for yourself is to understand what they are and why they happen...when the fear of them is gone, they often end right away or soon after. Then you can begin to work on the underlying problems. This book addresses all of those things. Lucinda's techniques helped me very much and I would highly recommend this book and the CDs as well.

I was introduced to Lucinda Bassett by my oldest daughter, and I wholeheartedly recommend this book to anyone who suffers from any type of anxiety. It is refreshing, and very helpful. I find myself using many of her ideas whenever I come across stressful situations, they really work!

I saw Lucinda on Oprah and what she had to say resonated with me. I bought her book and it was very helpful. Lately I have been under a lot of stress so I thought I needed a review. Hearing Lucinda saying what was in the book and being able to listen as I did my work was very helpful and calming. It could be a little more in depth, but I probably need the next step or book for that.

First of all the CD arrrise a couples days outside of the time promised. Second, the CD in a damaged case wasn't good...I returned it (I picked up the cost) and then was sent a replacement and it took some time to get to me. Regardless, I appreciated the effort by vendor to get a replacement to me...hence they did get 4 stars. What about the CD? The CD was a reminder on what I had forgotten years ago...I'm O.K. you're O.K. It reminds me a what was shared by someone who turned me onto Transactional Analysis and how you can really program yourself to feel good about yourself...again, "I'm O.K. you're O.K." Also touched upon how to handle stress, anger, panic attacks (breathing exercise). It was a reminder not to worry so much and not to put too much pressure upon yourself and if you really think (or not think too much) about it you can end up creating your own "demons". I guess what I'm trying to convey is this CD helped remind me of what I needed to start doing again! Sooo...I gave it 5 stars. For those who have had no counseling in handling anxiety, stress,

panic attack, depression. I would I recomend it. However, please get help if you are dealing with aformentioned issues...believe me sometimes counseling (individual / group) can help.

I enjoyed listening to the CD From Panic to Power.I purchase the CD for my friends and daughters.Now, instead of going to the emergency room whenI feel shakey or pains all over I just talk to myself. It is anixety and It will pass.Lucinda Bassett's voice is soothing and her wordsof wisdom make you believe you can have a normallife.

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