

BOOK LIST
for Anxiety, Depression & related Disorders

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Contents

Page No.

2. Panic Disorder

For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

PANIC DISORDER

The Anxiety Cure

By Archibald D. Hart

(2001). Paperback, 304 pages.

Panic Anxiety is the number one mental health problem for women and second only to drug abuse among men. Synthetic tranquilizers can alleviate the symptoms of anxiety illnesses. However, in order to achieve lasting emotional tranquility, a significant lifestyle change must be made. *The Anxiety Cure* provides proven, natural strategies for overcoming panic disorder and finding an emotional balance in today's fast-paced world.

Overcoming Anxiety, Panic, and Depression: New Ways to Regain Your Confidence

By James Gardner MD, Arthur Bell Ph.D.

(2000). Paperback, 224 pages.

This book defines and clarifies the common forms of anxiety, panic, and depression. Readers can learn the difference between specific and social phobias, between panic and generalized anxiety disorder, and much more. All the terms and maladies readers may have learned (and misdiagnosed for themselves) are explained in relation to anxiety, panic, and depression. The book presents an overview of all the main approaches (both chemical and nonchemical...both traditional and alternative) and how they have succeeded. The book helps readers understand what they will be discussing with their doctors, and how they can glimpse a new, less stressful level of existence. Chapter Titles: 1. Accepting Fear to Control It 2. Do I Have Anxiety or Panic Disorder? 3. Am I Depressed? 4. Why Am I This Way? 5. What's Going On Inside Me? 6. What Happens When I Go to the Doctor? 7. What Are My Treatment Options? 8. What About Herbs, Vitamins, and Supplements? 9. What Can I Do on My Own to Fight Anxiety, Panic, and Depression? 10. What Can a Psychologist, Psychiatrist, Counselor or Therapist Do For Me?

Power Over Panic: Freedom From Panic / Anxiety Related Disorders

By Bronwyn Fox, Garry McDonald

(1999). Paperback, 110 pages.

This is the U.S. revision of a best-selling book from Australia that has helped thousands of people overcome the lifestyle limitations of panic and anxiety disorders. It is a creative and simple five-step approach that does not require drugs and relies on cognitive and mindfulness meditation techniques. Based upon award winning programs and workshops, this book contains numerous case histories, up-to-date research findings and a foreword written by Australian television star Garry McDonald, who was cured using this approach after 20 years of struggling with panic attacks.

An End to Panic : Breakthrough Techniques for Overcoming Panic Disorder (2nd edition)

By Elke Zuercher-White

(1998). Paperback, 218 pages.

"I've read many, many books on treating panic disorder, but this is the ONLY book that helped me overcome my panic disorder. I only wish I had read it years ago. Panic pretty much ... my life down a black hole -- I was so agoraphobic that for two years I rarely left my bedroom, even to go down the hall to the kitchen. A cognitive-behavioral therapist gave me a copy of this book and took me step by step thru it. It took 8 months of hard, scary work but today I can go anywhere, with or without anyone, and do anything, for as long as I want, whenever I want --not a medication in sight and not a twinge of inappropriate panic. Two years ago I couldn't even contemplate walking to the end of my driveway. I just can't recommend this book highly enough. It was the light at the end of my tunnel."

The Panic Attack Recovery Book (Revised edition)

By Shirley Swede, Seymour Sheppard Jaffe

(2000). Paperback, 258 pages.

This seven-step, drug-free program written jointly by a physician and a recovered sufferer- gives clear explanations of what is going on in your mind and body when panic disorder strikes, as well as step-by-step techniques, nutrition and fitness plans, and inspiring true stories for support and encouragement. Newly revised and updated, it offers new hope for people with panic disorder, agoraphobia, and other anxiety-related conditions. This book can help you feel calmer and more in control, take decisive action to solve the problem...and, often within just six to eight weeks, discover a sense of freedom, you've never dreamed possible.

Embracing The Fear: Learning to Manage Anxiety & Panic Attacks

By Judith Benis & Amr Barrada

(1994). Paperback, 160 pages.

EMBRACING THE FEAR was written originally as a handbook for the Open Door network of support groups. The goal of the authors was simply to offer support and ideas for dealing with panic and the resulting avoidance. Though they mention "causes", they state that it really doesn't matter: "Whatever the reason, the good news is that there is a way out of the anxiety or panic-avoidance cycle (p.6)." After discussing the roles of the environment, stress, emotions, self-talk and perfectionism, Bemis and Barrada introduce their recovery plan, one based on acceptance; their attitude towards recovery is simply that it takes time. Their solution is a cognitive approach based on managing the anxiety, listening to one's self-talk, and developing awareness which "allows us to see a correlation between how we deal with our anxiety or panic and how we deal with everyday life events (p.23)."

About half of the book then focuses on these fourteen strategies for recovery, each of which includes a topic on anxiety management, related self-talk that is self-nurturing, and a section on awareness. Some of the management topics are acceptance, slowing down, letting go, taking risks, learning about anxiety, accepting set-backs, and

reaching out to others. An example of an awareness topic is (Strategy 11) "Living One Day at a Time," which suggests "It will help if we try to work through past events that are troubling. When we accept them, we will be able to let go of them."

EMBRACING THE FEAR concludes with examples of how their program actually works, concentrating on fourteen common avoidance's, such as dentists, malls, work, driving, and flying, giving specific examples of helpful self-talk and other useful strategies.

The Anxiety & Phobia Workbook

By Edmund J., Ph.D. Bourne

(2000). Paperback, 436 pages.

The anxiety and phobia workbook is a practical and comprehensive guide offering help to anyone who is struggling with panic attacks, agoraphobia, social phobia, generalised anxiety, obsessive compulsive disorder or other anxiety disorders. Step-by-step guidelines, questionnaires and exercises will help you learn skills and make lifestyle changes necessary to achieve a full and lasting recovery.

Beyond Anxiety and Phobia: A Step-By-Step Guide to Lifetime Recovery

By Bourne, Edmund J, Dr., Ph.D.

(2001). Paperback, 350 pages.

The author of "The Anxiety and Phobia Workbook" presents a step-by-step guide to a lifetime recovery and a treatment program designed to heal the whole person. Includes alternative therapies such as herbs, yoga, massage, acupuncture, and homeopathy.

From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and put You in Control of Your Life.

By Bassett, L.,

(1997). Paperback, 288 pages.

Written by someone who has recovered from anxiety and panic - useful techniques and information to help overcome your anxiety and panic. Lucinda Bassett now runs the Midwest Center for Stress and Anxiety.

Overcoming Panic Disorder - A Woman's Guide

By Weinstock, L. & Gliman, E.

(1998). Paperback, 288 pages.

Includes various treatments and therapies with the focus on women. Good and interesting book with personal stories and expert opinions.