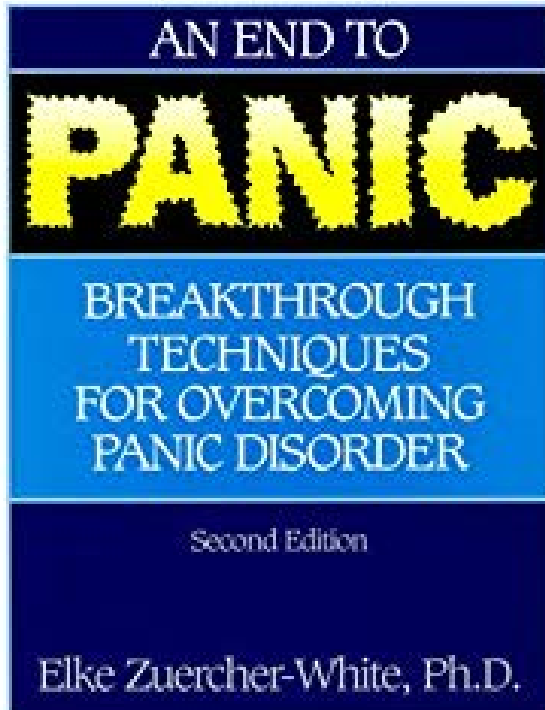


An End to Panic



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In an effective, compassionate guide designed to help readers control panic attacks and to offer strategies for managing fear, Dr. Zuercher-White explains the physiology of panic attacks and helps sufferers master the skills to control them.