

# ANXIETY & PANIC ATTACKS

## (READING LIST)

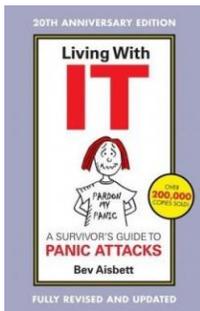


Listed below\* are a number of resources with information on anxiety and panic attacks, as well as tips for manage them. If you require further advice or support, Counsellors are available at **Womens Health and Family Services** for individual sessions and, where appropriate, support groups. For more details visit our [Mental Health Services](#) and [Counselling](#) pages.

### **Living with IT** by Bev Aisbett.

Paperback available online via [Collins](#), [Dymock](#) or [Fishpond](#) for \$14.99.

eBook also available online via [Dymocks](#) for \$7.99.



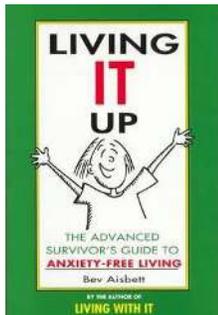
Bev Aisbett has survived Panic Syndrome and reinforces the three basic messages; *You can beat this, You are not alone, You will recover.*

In this refreshing and accessible guide, Bev Aisbett, a survivor of Panic Syndrome, tells us how panic disorders develop and how to recognise the symptoms. With the aid of her inimitable cartoons, she covers topics such as changing negative thought patterns, seeking professional help, and, ultimately, learning skills for recovery. **Living With It** provides much need reassurance and support, leading the way out of the maze of panic with humour and the insight of first-hand experience.

### **Living IT up** by Bev Aisbett.

Paperback available online via [Collins](#) for \$19.95, and [Fishpond](#) for \$23.99.

eBook also available online via [Collins](#) for \$8.99.



What is your "IT"? Anger? Fear? Low self-esteem? Depression? Addiction? Living It up, a sequel to the popular Living with It - a survivor guide to Panic Attacks, is a guide to surviving anxiety in its many forms - from the overwhelming terror or Panic Disorder to the less intense but equally destructive daily stresses of modern life.

Bev Aisbett, a survivor of Panic Disorder, cartoonist and author, presents a fun, easy-to-read guide to life skills required to transform anxiety into a valuable tool for growth and change. **Living It Up** offers further hope and guidance for sufferers of anxiety disorders, and valuable insights for those interested in personal development.

### **The IT kit** (audio presentation and manual) by Bev Aisbett.

Kit available via [BevAisbett.com](#) for \$189, plus \$15 Postage & Handling

Kit also available as Digital Home Study Program (downloadable) via [BevAisbett.com](#) for \$140.



Based on five weekly sessions, the IT KIT provides a step by step guide to all aspects of anxiety as well as solid and common sense strategies to assist sufferers to reclaim the power and insight to steer their own recovery, with or without outside counselling assistance.

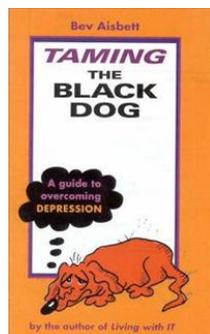
**The IT kit** is comprised of Bev's audio presentation and a 128 page manual of supporting materials including exercises, logs, tips, revisions, diagrams and affirmations designed to assist comprehension, provide solutions, promote self regulation and build confidence through application.



## Taming the black dog by Bev Aisbett.

Paperback available online via [Collins](#), [Dymocks](#) or [Fishpond](#) for \$19.95.

eBook available online via [Dymocks](#) for \$8.99.



Don't want to get out of bed in the morning? Feeling as though the light at the end of the tunnel is fading? You may be suffering from depression a condition Winston Churchill referred to as the Black Dog.

**Taming the Black Dog** is a simple guide to managing depression which an estimated 1 in 5 people will suffer in one form or another at some time in their lives. This small illustrated tip book contains factual information as well as treatment options. Modelled on Bev Aisbett's successful *Living with IT* *Taming the Black Dog* has a unique blend of wit and information and is an invaluable guide for both chronic sufferers as well as anyone with a 'fit of the blues'.

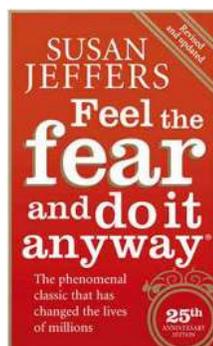
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## Feel the Fear and Do It Anyway by Susan Jeffers.

Paperback available online via [Collins](#) or [Fishpond](#) for \$19.95, and [Dymocks](#) for \$24.95.

Audio Book-CD available via [Collins](#), [Dymocks](#) or [Fishpond](#) for \$39.99.

eBook available online via [Collins](#) for \$20.95.



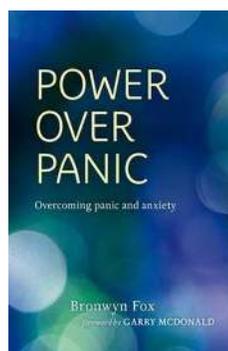
Internationally renowned author, Susan Jeffers, has helped millions of people around the globe to overcome their fears and heal the pain in their lives. Such fears may include: Public speaking; Asserting yourself; Making decisions; Intimacy; Changing jobs; Being alone; Ageing; Driving; Losing a loved one; Ending a relationship. But whatever your anxieties, **Feel The Fear And Do It Anyway** will give you the insight and tools to vastly improve your ability to handle any given situation.

You will learn to live your life the way you want - so you can move from a place of pain, paralysis and depression to one of power, energy and enthusiasm.

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## Power over Panic by Bronwyn Fox. [View Google Books Preview.](#)

Paperback available online via [Collins](#), [Dymocks](#) or [Fishpond](#) for \$24.95.



Anxiety affects more than two million Australians, making it twice as common as depression. Yet awareness of anxiety-related disorders such as post-traumatic stress, panic disorder and social phobia is still unacceptably low.

Bronwyn Fox helps us to understand the symptoms of anxiety disorders and teaches us how to manage panic attacks and anxiety with meditation and a mindfulness-based cognitive technique. Her method is based on decades of experience counselling people, and running programmes and workshops. She writes with compassion and authority, having experienced panic disorder and agoraphobia for five years. Using case studies and up-to-date research findings, she also explores the deeper causes of anxiety disorders, and shows us how working with self-esteem contributes to our long-term recovery.



## **Taking Back the POWER** by Bronwyn Fox. Listen to [Audio Sample 1](#) and [2](#).

Double CD Set available online via [PanicAttacks.com](http://PanicAttacks.com) for \$39.95, plus \$8 Postage & Handling.  
MP3 Download also available at [PanicAttacks.com](http://PanicAttacks.com) for \$18.00.



This kit is designed for people with an anxiety disorder and incorporates the most common problems some people can have in meditating /relaxing;, with the meditation techniques it features being simple to use, while still extremely effective.

**Taking back the Power** includes a general discussion about Panic attacks, anxiety, agoraphobia and the most common symptoms people experience. It also describes the role our thoughts play in maintaining our anxiety disorders and teaches you a mindfulness cognitive technique to control and eliminate not only the negative cycle of thinking, but the disorder itself.

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## **Panic Anxiety Management Workshop** by Bronwyn Fox. Listen to [Audio Sample 1](#) & [2](#).

DVD Set available online via [PanicAttacks.com](http://PanicAttacks.com) for \$52.00, plus \$7.50 Postage & Handling.



Bronwyn's Award Winning Workshop in full includes a discussion of the nature and symptoms of anxiety, panic attacks and the major anxiety disorders; the benefits of meditation as a relaxation techniques and mindfulness cognitive technique; and a discussion of our intellectual vs. emotional understanding of our anxiety disorder and how this conflict is being generated by our overall low self esteem.

The sessions end with a look at the process of recovery and the ongoing development of our mindfulness skills including, the working with any agoraphobia/ avoidance behaviour, management of day to day stress and building our self esteem to higher levels.

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