



## 25 Ways to Deal with PANIC: Workbook

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## **25 Ways to Deal with PANIC: Workbook** L Duhigg

The 25 Ways to Deal with Panic Workbook is designed to help you realize you are not alone. It provides coping techniques to learn how to regain control. My story is simple. Like so many other people, I was working in a toxic environment for toxic people when I developed panic disorder. The exercises in this book are actual tasks I completed during my year long bout with panic. They are simple to understand. Easy to work on while in the midst of an attack and can be taken with you to work or school. The workbook serves as an “in the moment” record of what you are going through and a valuable resource for your therapy as well as recovery.

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