



Panic Attacks: a short introductory guide to panic and its management

Dr Jerry Kennard

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Panic Attacks: a short introductory guide to panic and its management Dr Jerry Kennard In this second edition subject guide, psychologist Dr. Jerry Kennard provides a concise and informal introduction to panic attacks, panic disorder and the management of panic. The guide is for people who want something more than a leaflet or a webpage, but less than a formal textbook.



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