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PANIC ATTACKS AND ME



BalboaPress. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Using her own lifetime experiences, Kay Hammond has written a useful book for others with the same problem-panic attacks. In short chapters about situations a panicked person might find themselves in (such as losing keys), Hammond has provided flurries of questions a person might ask themselves, questions that are geared toward helping the person realize that another person has been there and found ways to find a...

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- Authored by Kay Hammond
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