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The Hyperventilation Syndrome

Dinah Bradley

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The Hyperventilation Syndrome

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The Hyperventilation Syndrome Dinah Bradley
* Do you sometimes experience panicky feelings for no apparent reason? * Do you experience tingling sensations in your lips or fingertips - or both? * Do you frequently feel 'spaced out' or find it hard to concentrate at work? * Do you sometimes feel breathless for no apparent reason? * Have you ever been accused of being a hypochondriac? * Has your self-confidence taken a nose dive? If so, you are not alone. 12% of the population suffers from hyperventilation syndrome in varying degrees and experience distressing fears along with the puzzling array of symptoms that accompany bad breathing. This new expanded and updated edition of this classic book contains a workbook section to help the reader identify how their stress levels, sleep and symptom patterns interrelate with each other. Also included are a number of personal stories from people who have been identified as chronic hyperventilators and who have overcome the problems by using the drug-free methods outlined in this book.

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