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Panic: One Man's Struggle with Anxiety

Harry Floyd

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Panic: One Man's Struggle with Anxiety Harry Floyd
Anxiety and panic are a part of life for almost everyone. They can come without warning, and for many people, facing and overcoming these conditions can be a lifelong battle. In 'Panic,' author Harry Floyd shares his own struggle with anxiety in an effort to guide others who suffer with this often debilitating condition. To combat anxiety in his own life, for years he explored myriad approaches and treatments, including counseling, medication, behavioral techniques, meditation, and spiritual practices, all of which he shares in these pages. Join Harry on his personal journey from anxiety and the paralysis of panic, to self-understanding and acceptance. Among other topics, 'Panic' discusses anticipation and its role in anxiety, how to react when anxiety strikes, understanding the life cycle of a panic attack, trying new habits to combat the condition, trusting oneself, and how openness can make a difference.

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