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From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life

Lucinda Bassett

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From Panic to Power is Lucinda Bassett's inspiring account of the proven techniques she used to overcome anxiety disorder and regain control of her life.

A bestseller with more than 72,000 hardcover copies sold, *From Panic to Power* offers techniques and skills to the ever–growing number of people who are adversely affected by today's overwhelmingly stressful environment. Lucinda Bassett's effective program, which teaches people how to think differently and respond in a less anxious way, is enabling hundreds of thousands all over the world to transform their draining doubts, fears, and anxieties into positive energy and newfound freedom. Her methods allow sufferers to gain a new understanding of themselves and their challenges when dealing with anxiety and teach effective skills to help transform negative self–talk and destructive worry habits into recently discovered compassion and confidence.

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