

# Table of Contents

Objectives / Audience.....	5
Objectives.....	5
How To Read This Book.....	5
Joining a Support Group.....	5
Audience.....	6
Chapter 1: What Are Panic Attacks?.....	7
A Panic Attack Feels Like You Are Dying.....	7
Chapter 2: More on Panic Attacks .....	19
How I Learned About Panic Attacks .....	19
Chapter 3: Overcoming Panic Attacks.....	31
What Practical Steps Are Available? .....	31
The ‘Fast’ Method.....	33
The ‘Slow’ Method .....	39
Chapter 4: Eradicating Negative Thoughts .....	50
An Introduction to Negative Thoughts .....	50
How to Challenge Negative Thoughts .....	57
Chapter 5: Case Studies .....	61
Case Study #1 .....	61
Case Study #2 .....	63
Case Study #3 .....	65
Case Study #4 .....	67
Concluding Points .....	68

Chapter 6: My Philosophy .....	72
My Motivation .....	72
Appendix I: The Quick Coherence® Technique .....	78
Appendix II: Modified Autogenic Training Protocol.....	82
Appendix III: Self-Talk Statements for Use During Panic Attacks .....	87
Appendix IV: How I Got into The Hunt .....	89
Further Reading / Resources .....	94
Additional Support .....	95
Medical Approach .....	95
About The Author .....	98
About Elementum .....	102