



Relax: Say Goodbye to Anxiety and Panic

Patrick McCarthy

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This book, for people who experience anxiety and panic attacks, explains how anxiety occurs and offers a simple three-step process to prevent it. Written in a conversational, easy-to-read style by a doctor specialising in medical hypnosis, the book is accompanied by a CD that provides a self-hypnosis process to prevent anxiety and panic attacks that has been used to treat thousands of people. The CD teaches people how to relax in less than a minute, replace negative thoughts with positive ones in less than a second, and change from a pessimistic to an optimistic style of thinking.

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