



# Endlich leben ohne Panik!: Die besten Hilfen bei Panikattacken (German Edition)

*Hans Morschitzky*

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Der Panik den Schrecken nehmen – WAS WIRKLICH HILFT

ES KOMMT WIE AUS HEITEREM HIMMEL: Atemnot, Schwindel, Herzrasen – plötzlich nur mehr die Panik! Und weil diese Attacken so unberechenbar auftreten, beginnt die Angst vor der Panik das Leben zu dominieren. Hans Morschitzky erklärt vor dem Hintergrund seiner jahrzehntelangen Erfahrung als Psychotherapeut, was man über Panikattacken wissen sollte und wie man den Teufelskreis der Angst durchbricht. Anhand von Checklisten und Fragen lernen Betroffene, Ursachen und Auslöser für ihre Panikattacken individuell zu analysieren.

Ein umfangreiches Selbsthilfeprogramm bietet bewährte Übungen aus sieben zentralen Bereichen: Achtsamkeits- und Akzeptanzübungen, mentales Training bis hin zu Bewegungs-, Atem- und Entspannungstechniken.

Ein fundierter Ratgeber, der Betroffenen hilft, der Panik den Schrecken zu nehmen und sie nachhaltig in den Griff zu bekommen.

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