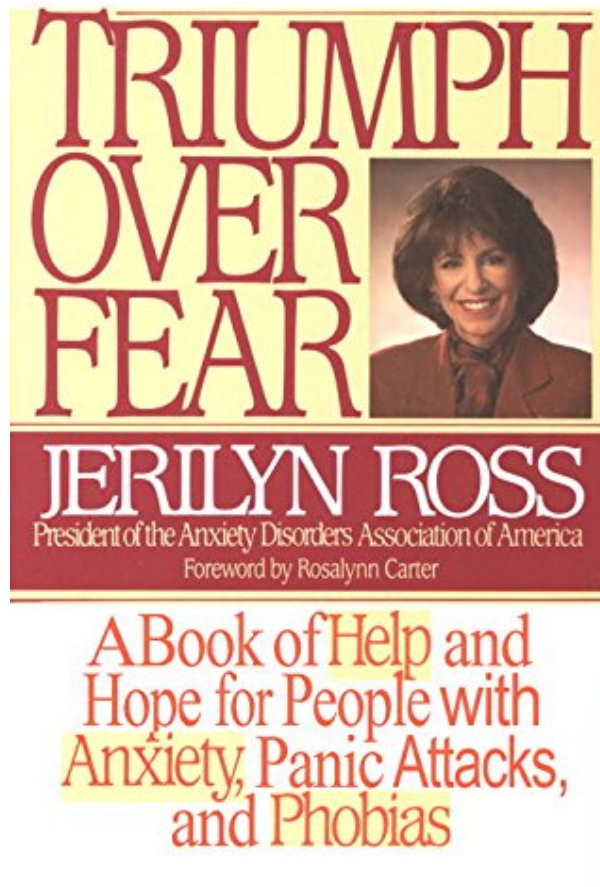
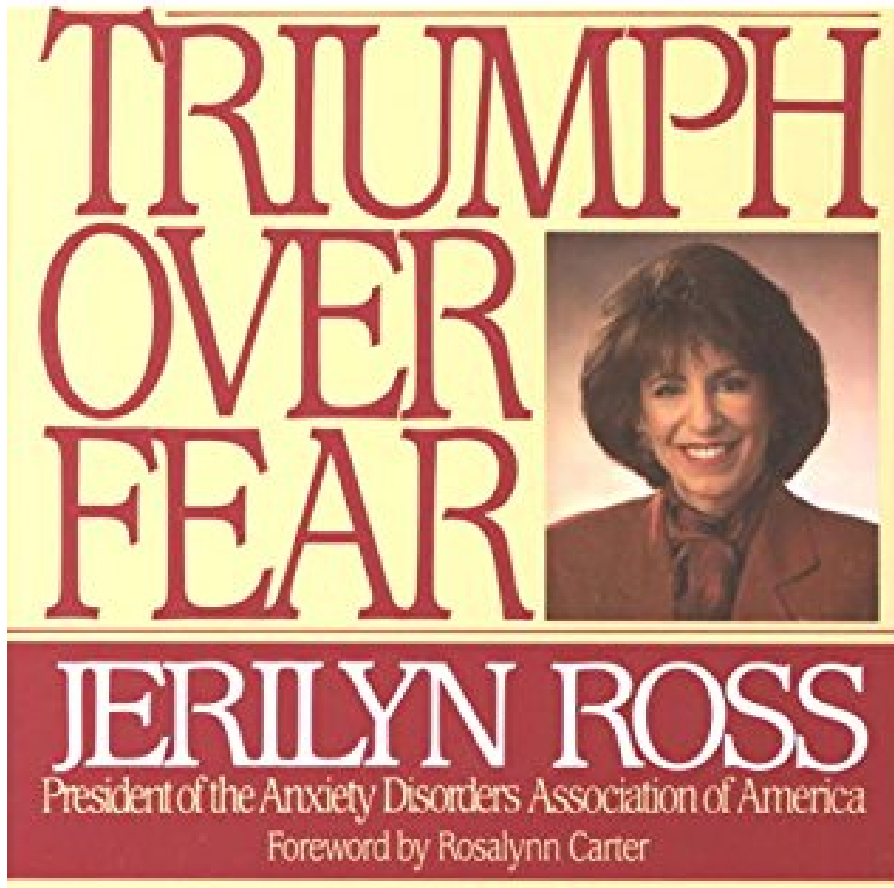


**TRIUMPH OVER FEAR: A BOOK OF HELP
AND HOPE FOR PEOPLE WITH ANXIETY,
PANIC ATTACKS AND PHOBIAS BY
JERILYN ROSS**



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From Publishers Weekly

Ross, president of the Anxiety Disorders Association of America, here eloquently addresses today's "number one mental health problem"--anxiety disorders--and offers help to the estimated million Americans who suffer from them. A former sufferer of panic attacks and agoraphobia, the author compassionately tells the stories of patients who are inflicted by the five primary types of anxiety disorders--panic disorder, phobias (including agoraphobia and social phobia), obsessive-compulsive disorder, post-traumatic stress syndrome, generalized anxiety--and how they triumphed over their crippling fears and went on to lead normal lives. Especially moving is the story of Grace, who didn't leave her house for 30 years but is now involved in many social activities. Also discussed are anxiety disorders in children, research on the latest therapies, and the value of tranquilizers and antidepressants to facilitate, rather than replace, therapy. Ross presents goal setting, daily task sheets, the "six-point" system, breathing control, and relaxation and exercise to manage panic and phobias. Final chapters offer advice on handling family, friends and associates affected by the anxiety sufferer's behavior and on overcoming setbacks. A valuable guide for patients and professionals. Copyright 1994 Reed Business Information, Inc.

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- Lisa Wise, Univ. of Southern Colorado, Pueblo

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Review

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TRIUMPH OVER FEAR: A BOOK OF HELP AND HOPE FOR PEOPLE WITH ANXIETY, PANIC ATTACKS AND PHOBIAS

BY JERILYN ROSS PDF

The National Institute of Mental Health calls anxiety disorders the most common mental health problem in America. They are also among the most treatable. Yet tens of millions of people struggle with hidden fears and restricted lives because they have not received proper diagnosis and treatment. Triumph Over Fear combines Jerilyn Ross's firsthand account of overcoming her own disabling phobia with inspiring case histories of recovery from other forms of anxiety, including panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder; an post-traumatic stress disorder. State-of-the-art information is combined with powerful self-help techniques, together with clear indications of when to seek additional professional help and/or medication. Also included is the latest research on anxiety disorders in children, plus advice for dealing with family members and employers.

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- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.23" h x .67" w x 5.24" l, .60 pounds
- Binding: Paperback
- 320 pages

From Publishers Weekly

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Most helpful customer reviews

13 of 14 people found the following review helpful.

From a woman who's been there.

By Adam Khan

I've read a lot of books on anxiety, and this is the best. Ross once suffered from an anxiety disorder herself and tried to find treatment, only to be told it was in her head. A lot has been learned about anxiety disorders even in the last ten years, and Ross knows all about it. She not only tells you about the treatment available through therapists (with contact information and resources at the back of the book) but if you want to do it yourself, the book is full of practical advice. I'm the author of the book, *Self-Help Stuff That Works*, and I can tell you without any hesitation that *Triumph Over Fear* is self-help stuff at its best. I highly recommend this book. Buy one for yourself and share one with a friend or family member who may suffer without realizing help is available.

0 of 6 people found the following review helpful.

Well written and informative

By A Customer

This is a good book. It was referred to me by my psychiatrist for OCD. Although it did not address my issues and help me much with my needs, it did make me realize that my problems compare little to some of the issues and difficulties other people have! I liked the book very much and found it very encouraging and informative.

8 of 8 people found the following review helpful.

Easiest to relate to book on fear

By A Customer

I've been dealing with an anxiety problem for about 10 years now, only I have been doing it the wrong way with countless drugs given to me by my doctor. There comes a crossroads when you just can't do it like that anymore. I spent the past 3 years getting off the drugs that have done more harm than good and am now learning what I should have learned in the beginning. I have read a ton of books on this disorder and to be honest, some of them you feel the need to have a dictionary beside you they are so complex. The writers forget they are writing the book for people who are not familiar with medical terminology in their everyday lives. *Triumph Over Fear* is different from the rest in many ways. First, it is easy to understand for just about anyone and is clearly written. Most importantly, it isn't written by someone who has merely studied the problem but has never actually felt what it's like to go through it. It makes no difference how many medical books you have read, how many people you have met, how many letters you have added to the end of your professional name. Unless you've been through this problem you really cannot fully understand it. This

author has and that makes her words that much more powerful. This book should be in everyone's home whether you are suffering currently with anxiety or deal with someone you are trying to help but just can't seem to understand why they feel the way they do. Don't wait as long as I did, your life is waiting but the freedom is in you.

In addition to this book, I recommend "Don't panic"-R. Reid Wilson/ and also "the anxiety and phobia workbook" those are more technical and extremely complete in every detail.

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