



# Coexisting With Agoraphobia, Anxiety & Panic Attacks

*Ellen Isaksen*

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## **Coexisting With Agoraphobia, Anxiety & Panic Attacks** Ellen Isaksen

Once again Ellen Isaksen, author of *Behind These Eyes: One Agoraphobic's Journey To A Meaningful Life* delves into the subject of anxiety disorders. In her new handbook, *Coexisting With Agoraphobia, Anxiety & Panic Attacks*, she offers her personal knowledge of coping strategies in dealing with this challenging part of her life. While she certainly believes that there are cures and recovery, she also knows that dealing with anxiety symptoms can be very distressing and offers invaluable information in coping with them while in the process of healing. This book is particularly helpful to those for whom total recovery may seem elusive. After reading this book one walks away knowing that they are not alone in their struggle and that there are effective ways of dealing with the troublesome symptoms and feelings that anxiety can inflict. The book is deliberately brief and to-the-point and is extremely useful as a quick "go to" guide in times when one might need something encouraging to turn to at a moment's notice.

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