



# How to Give Clients the Skills to Stop Panic Attacks: Don't Forget to Breathe

*Sandra Scheinbaum*

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## **How to Give Clients the Skills to Stop Panic Attacks: Don't Forget to Breathe** Sandra Scheinbaum

How to Give Clients the Skills to Stop Panic Attacks shows how it is possible to prevent and abort a panic attack through lifestyle change and mind-body relaxation. Presenting an effective approach rooted in the philosophy of functional medicine, this book proposes using calming breathing techniques as the foundation to controlling the anxiety that causes panic. Breathing is then combined with positive imagery, rational thinking, body awareness, nutrition and yoga to provide further support for sparking the real, positive change in clients that will guide them along the road to recovery.

The practical tools, step-by-step exercises and motivational scripts within this book will provide an incomparable resource for mental health professionals, psychologists, counselors, and coaches.

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