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No more needless suffering, sleepless nights, panic attacks, or feelings of hopelessness. Everything you need to create a better life for yourself is here! In addition to the workbook, this set includes 16 Cassettes and 16 CDs: There is 1 Relaxation CD and cassette, and 15 Lesson CDs and cassettes as follows:-Audio Lessons- 1. Introduction: Understand the causes 2. Panic Attacks: 6 steps to eliminate anxiety attacks 3. Self-Talk: How to comfort & encourage yourself 4. Expectations: How to have realistic, reasonable expectations 5. Diet & Exercise: How to calm yourself and feel energized 6. Anger Control: Get your anger to work FOR you, instead of against you 7. Assertiveness: Learn to respect yourself & express yourself 8. "What-if" Thinking: Learn the amazing rewards of living in the moment 9. Guilt & Worry: Techniques for immediate change 10. Scary Thoughts: Eliminate scary thoughts so that they can't run your life 11. Medication & Alcohol: Understanding meds and how self-medicating can affect your emotions 12. Change: How to embrace change and cope with discomfort 13. Time Management: How to bring order back into your life through action plans 14. Stress Management: Make stress a positive force in your life 15. Set-backs: Face challenges and come out stronger

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David Lalonde:

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