



Triumph Over Fear: A Book of Help and Hope for People with Anxiety, Panic Attacks, and Phobias

Jerilyn Ross

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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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