



From Panic to Power

By Lucinda Bassett

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From Panic to Power By Lucinda Bassett

Lucinda Bassett overcame crippling anxiety-panic disorder to create a highly successful *Attacking Anxiety* program. This audio is a combination of her personal story and her program. The tape contains techniques and skills that the program teaches, as well as case histories and testimonials from participants. This is an account of one woman's journey from fear, anxiety and panic to success, personal power and peace of mind, with direct, gritty, powerful advice on how anyone can change their life for the better.

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Editorial Review

About the Author

Lucinda Bassett is the founder and CEO of one of the most successful self-help companies in the country, the Midwest Center for Stress and Anxiety, Inc. Her audio program *Attacking anxiety and Depression* is used worldwide by health care organizations, hospitals, and universities. Author of the national bestseller *From Panic to Power*, Lucinda Bassett produces and hosts the award-winning infomercial "Attacking Anxiety." She has shared her techniques with such clients as McDonalds, Chrysler, and AT&T. She has appeared on numerous talk shows, including *Oprah* and *The View*, and been featured in *Family Circle*, *Reader's Digest*, and many more.

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