

ANXIETY AND PANIC ATTACK READING LIST

Living with IT	Bev Aisbett
Living it up	Bev Aisbett
Any book by	Claire Weekes
Freedom from panic/anxiety Related disorders	Bronwyn Fox
Feel the fear and do it anyway	Susan Jeffers
You and stress	Montgomery and Evans
www.anxietynetwork.com.au	
home.iprimus.com.au/rboon	This is a website with good information on holistic treatment of anxiety.
ASHA (Anxiety Self Help Assoc Inc)	Centre for Neurological support The Niche Suite B 11 Aberdare Road Nedlands WA 6009 Ph: 9346 7262 www.cnswa.com/asha

They have a list of counsellors who specialize in anxiety and panic treatment and an informative newsletter, and hold monthly meetings with guest speakers.