



The Surprising Causes of Anxiety & Panic

Dr. Victoria Bentley PsyD

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Ever wonder why so many people do everything they can to get well but still have problems with anxiety? In *The Surprising Causes of Anxiety & Panic*, Dr. Victoria Bentley answers this question by explaining why people who read self-help books, take medication, and do psychotherapy still continue to suffer from debilitating anxiety symptoms. Dr. Victoria spells out how anxiety is caused by a combination factors that must be understood and addressed before the symptoms will go away. She brings together many disciplines—genetics, childhood development, family systems, pharmacology, trauma research, and situational stress examples—to describe how unresolved and sometimes surprising issues contribute to on-going anxiety problems. The promise of this book is complete recovery—not just symptom reduction but how to put an end to anxiety and panic symptoms once and for all.

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