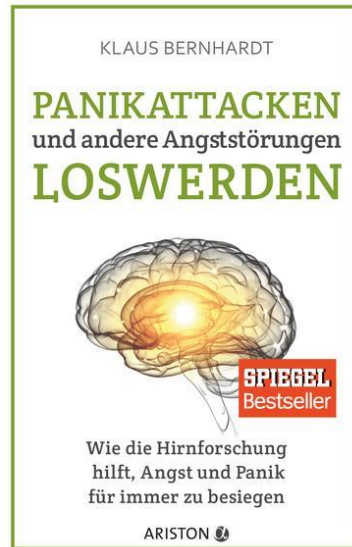


## A unique anxiety therapy with an immense success rate

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**Klaus Bernhardt**  
**The Anxiety Cure**  
[Panikattacken und andere Angststörungen loswerden]  
How brain science helps to permanently overcome anxiety and panic

Ariston  
208 pages  
Format 13,5 x 20,6 cm  
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**Klaus Bernhardt** worked for many years as a science and medical journalist before becoming a therapist. He runs a practice for psychotherapy in Berlin with the focus on treating anxiety disorders. He is a member of the Academy of Neuroscientific Education Management (AFNB) and the Initiate New Learning e.V. (INL).  
[www.panikattacken-loswerden.de](http://www.panikattacken-loswerden.de)

Anxiety expert Klaus Bernhardt takes a close look at the worldwide established therapies for treating anxiety disorders. He compares them with the findings of modern neuro science and the conclusions he draws are sobering: most of these remedies have been outdated for decades and are neuro-scientifically no longer tenable.

Klaus Bernhardt's method introduces a completely new kind of anxiety therapy that specifically uses the ongoing renewing processes of the human brain to put people who suffer from anxiety and panic attacks back into a position to lead a normal life. With the exercises and techniques described in this book he has helped a remarkably large number of patients to return to a life free of anxiety, often within a period of only a few weeks.

- Easy-to-understand method, clear examples, practical exercises
- Latest results of brain research put into practice – hospitals are already implementing Bernhardt's approach