



The September 11 Syndrome: Seven Steps to Getting a Grip in Uncertain Times

Harriet Braiker

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Proven methods for how to live fully and panic-free in the face of anxiety and stress

More than just the World Trade Centers were destroyed on September 11. Also lost to us was the sense of security and peace of mind taken for granted by generations of Americans. What once were dismissed as neurotic phobias—fear of flying, of public transportation, and of crowded places, for example—are now considered normal reactions to real dangers.

Written by Harriet Braiker, renowned psychologist and author of the *New York Times* advice bestseller *The Disease to Please*, *The September 11 Syndrome: Anxious Days and Sleepless Nights* arms readers with proven techniques for developing psychological hardiness and emotional resiliency. Braiker imparts the keys to regaining a sense of control over life and the freedom of mind to travel, conduct business, and experience everyday joys without being crippled by fear.

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