

# Chicago Tribune



**Ann  
Landers**

## Help for anxiety sufferers

Dear Ann Landers: I have some information for the millions of Americans who suffer from panic attacks.

Symptoms may differ greatly. Some people have difficulty breathing and fear they may choke to death. Others have palpitations so strong that they are sure they are having a heart attack. Nervous symptoms may include dizziness, sweats, depression, fatigue, headaches, numbness, tremors and difficulty sleeping. Often there is a fear of being alone or going out in crowds. Some people are agoraphobic, afraid to leave the house.

Your readers who see themselves in any of the above descriptions should have a complete physical examination to rule out health problems. If the doctor finds nothing wrong, chances are, the problem is caused by severe anxiety.

This is where Recovery Inc. comes in. The Recovery method is a system for controlling temperamental behavior and changing attitudes towards nervous symptoms and fears. The technique is simple but not easy. Nevertheless, it really works if the patient learns the method and applies it.

Recovery, Inc. does not supplant doctors. As a matter of fact, doctors and Recovery work well together. Please tell your readers to contact a chapter of Recovery Inc. in their area if they are experiencing any of the symptoms listed. It's in the phone book. Helplessness is not hopelessness.

San Antonio, Texas

**Dear Texas: I've been a longtime advocate of Recovery Inc. It's one of the best self-help groups afloat, and it's worldwide. The national headquarters is in Chicago.**

**RI RECOVERY**  
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