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HEALTH & WELLNESS



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May 7th 2013: What Me Worry? How to Transcend Anxiety, Panic and Fear

In this hour, we will describe the main symptoms associated with anxiety, panic and fear and look at both the productive and debilitating impact that these experiences have on us. Our speaker will share his personal struggles with panic and how his healing journey led him to create a highly effective treatment model that has changed his life and the lives of his clients. We will discuss why people grapple with these emotional states and how they influence our thoughts, feelings and behavioral choices. We will learn about differences between men and women as they experience panic, and whether

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Featured Guest

Guest Image

Dr. Daniel Lerner

As a Family Strategist and founder of Strategic Family Solution, LLC, Dr. Lerner helps individuals whose businesses, wealth, and relationships are threatened by intergenerational friction, antagonistic divorces, sibling rivalry, and addiction. He has given presentations on ethics, spirituality, and professional practice at The Johns Hopkins University School of Medicine, the University of Maryland and the University of Baltimore law schools. Dr. Lerner has a Doctorate in Clinical Psychology, Rabbinical Ordination, a Master of Arts in Psychology and a Master of Science in Education. He has worked with gambling addictions, pathological narcissism, interventions for at-risk youth, family thera

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