



The Secret to overcoming Panic Attacks, Anxiety & Phobias - A Workbook for Social Phobia, Stress, Fears, Agoraphobia and Blood Sugar diet.

Tim Russell

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TREATMENT PROGRAM

After suffering from Panic attacks, Anxiety & Phobias for over 10 years I was lost in a world of fear, frustration and bewilderment. After trying every cure and quick fix treatment under the sun, I could not understand why I was not getting any better. And then I found...THE SECRET

The Secret is a combination of factors which come together to bring about a cure. These factors I have named the Golden Rules. If you stick to the Golden Rules and YOU WILL get better.

My Recovery Program is called The Secret because I use to think there was some secret formula to curing myself that I needed to know in order to get better. I bought every self-help program I could afford. I tried Hypnosis, Talking Therapies, Thought Field Therapy, etc, and read every book I could on the subject. However none seem to help me. Year after year I was feeling incredible anxiety with daily panic attacks.

I was feeling anxiety and getting panic attacks in - Social Situations, the Dentists, Public Transport, Shopping, Work especially in meetings, the Hairdresser, the car, etc.

On top of this I developed lots of phobias along with terrible sensations such as - rapid heartbeat & skipped heartbeats, palpitations, constant fear of death, a fear that there's something wrong, sweating, feeling that I was going to faint or fall down, hot flushes, shakiness in my voice & body, restlessness, nausea, irritable bowels, tightness around the head, dizziness and vertigo, sensitivity to light, out-of-body experiences, hyperventilation, tingling sensations, breathlessness & obsessive worries.

The Road to Recovery

With the knowledge I learnt over many years I started to implement a program. This is when I started to see an improvement in my condition. Over the forthcoming months I really started to feel like my old self again and I saw a massive positive change in myself. The symptoms of anxiety decreased and I could do things again that I used to.

Today, I have not had a panic attack in several years and my anxiety levels are low (normal.) My life has been transformed and totally turned around compared to what it was like to live with anxiety and panic attacks. Please visit www.positivepanicattacks.com

The Secret lies in having the knowledge to overcome this perfectly curable condition and implementing a program of recovery using The Golden Rules.

I also called my program of recovery The Secret because like me, you probably like to keep the fact you suffer from anxiety a secret. I tried to hide it from even my closest friends and relatives.

My program works. It has worked for me and thousands of other people. It will help you not just cope, but cure yourself of panic attacks and anxiety.

The programme will teach you to -

- Discover the key to overcoming Panic attacks
- Take the fear out of social situations and stressful situations at work
- Lower your anxiety levels easily and quickly, reducing the anxiety symptoms
- Feel more powerful, confident and in control knowing how successful people deal with making mistakes
- Triumphantly face the things you fear and stop avoiding the people and situations that cause anxiety
- Overcome the fear of failure and stop being a perfectionist
- Communicate effectively without feeling uncomfortable and developing panicky feelings
- Generally feel more relaxed and overcome the hurdles to calmness
- Stop obsessive thinking and give yourself a positive outlook on life
- Enjoy your life again and live in the moment
- Stop over analyzing every decision and thinking about what other people think of you
- Learn how to stop night-time panic attacks and difficulty sleeping
- Learn how to breathe properly and how to stop hyperventilation
- How to bring about a life change and to create the life you want
- Bring about real change by eliminating obsessive thoughts, worry and those dreaded 'what if' thoughts
- How what we eat and drink effects our mo

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From reader reviews:

Lucy Fletcher:

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Richard Martinez:

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Erik Hilyard:

Reading a guide tends to be new life style in this particular era globalization. With looking at you can get a lot of information that may give you benefit in your life. With book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Many author can inspire all their reader with their story or their experience. Not only situation that share in the guides. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors these days always try to improve their talent in writing, they also doing some research before they write on their book. One of them is this *The Secret to overcoming Panic Attacks, Anxiety & Phobias - A Workbook for Social Phobia, Stress, Fears, Agoraphobia and Blood Sugar diet.*

William Rose:

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