


# How to Stop Anxiety & Panic Attacks: A Simple Guide to using a specific set of Techniques to Stop Panic Attacks, Agoraphobia, Social Phobia, Fear of Driving or Flying and Stress

*By Geert Verschaeve*

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**How to Stop Anxiety & Panic Attacks: A Simple Guide to using a specific set of Techniques to Stop Panic Attacks, Agoraphobia, Social Phobia, Fear of Driving or Flying and Stress** By Geert Verschaeve

**What if you could overcome your panic attacks** ; or, as one of the reviewers of the book said: "wake up without panic attacks"? I always thought that was impossible. I had panic attacks for 14 years and thought they would never end. But they did!

I had to follow certain steps to overcome my panic attacks, my anxiety attacks. This book will teach you everything I've done to overcome my fears and anxious feelings. You'll **also get access to Free Online Videos** that will help you to overcome the causes of your anxiety. It's important to know what's causing your panic attacks. Those causes are not in your past (nobody can change the past). We'll change the 'now', so you can have a different future. One without panic attacks.

When Panic Attacks and Anxiety take over your life, a dark period begins. Worry takes over and things that should be fun are not fun anymore.

When you start to avoid doing certain things, when you try to find excuses to not go somewhere or do something, this book is for you.

I have had this problem for 14 years, including:
- generalized anxiety disorder
- panic attacks
- agoraphobia
- social phobia
- fear of driving or traveling
- a stressful feeling 24/7

with symptoms like **a racing heart, a dry mouth and a red face, nausea, dizziness, headaches, a feeling of warmth going through my body, and some aches and pains everywhere in my body** . The doctors couldn't find anything

and all my therapist did was prescribe more pills that gave me side-effects.

In 2004 I found a way out and since then I've been sharing my method with other people all over the world. It's not a miracle, it's not a magic cure but it seems to work very well for the people who give it a try.

In this book you will learn techniques that will stop your anxiety and panic attacks. They will teach you how to do things again with friends and family so you can actually ENJOY everything you do instead of fearing it.

I'm glad to have you on board and I wish you the best of luck!

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## Editorial Review

About the Author
Geert Verschaeve has had panic attacks and generalized anxiety for 14 years. In 2004 he found a solution and he started to explain what he did to other people on ilovepanicattacks.com. Today, his method has helped thousands of people to end their panic attacks and to live a life without anxiety.

## Users Review

**From reader reviews:**

**Jesse Linder:**

The book How to Stop Anxiety & Panic Attacks: A Simple Guide to using a specific set of Techniques to Stop Panic Attacks, Agoraphobia, Social Phobia, Fear of Driving or Flying and Stress can give more knowledge and also the precise product information about everything you want. Why then must we leave the great thing like a book How to Stop Anxiety & Panic Attacks: A Simple Guide to using a specific set of Techniques to Stop Panic Attacks, Agoraphobia, Social Phobia, Fear of Driving or Flying and Stress? Some of you have a different opinion about e-book. But one aim in which book can give many info for us. It is absolutely correct. Right now, try to closer with your book. Knowledge or facts that you take for that, you can give for each other; it is possible to share all of these. Book How to Stop Anxiety & Panic Attacks: A Simple Guide to using a specific set of Techniques to Stop Panic Attacks, Agoraphobia, Social Phobia, Fear of Driving or Flying and Stress has simple shape but the truth is know: it has great and massive function for you. You can search the enormous world by available and read a reserve. So it is very wonderful.

**Maria Ives:**

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**Manuel Rose:**

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