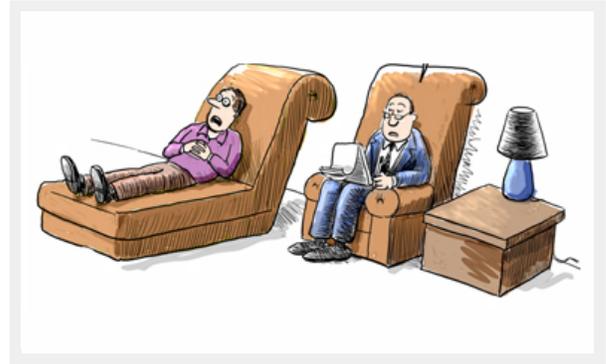


The #1 Reason Anxiety Treatments Fail

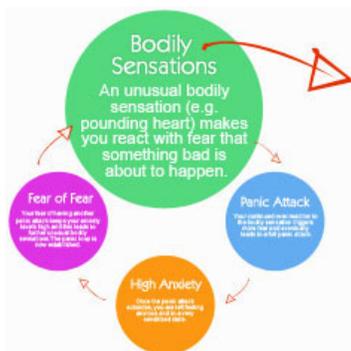
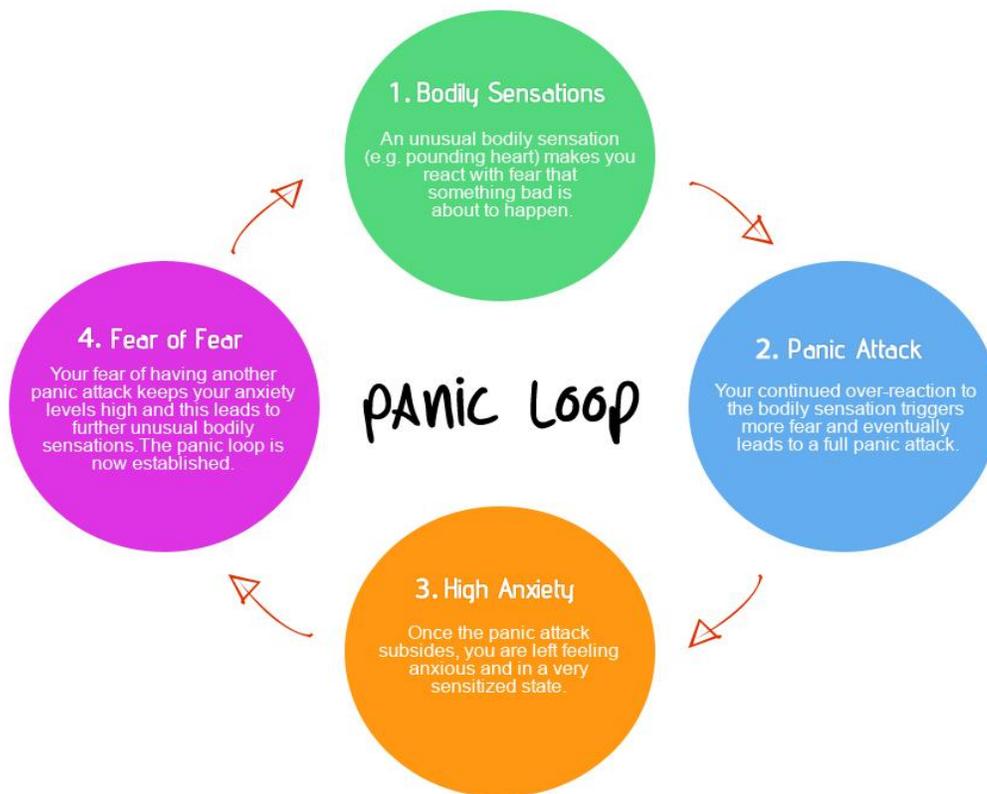
Many of the people who come to me have gone through years of unsuccessful treatments for ending anxiety. They have tried everything available from traditional talk therapy and medications to alternative treatments like hypnotherapy and NLP.

Take for example the common problem of panic attacks. Why is it that most therapies do not achieve lasting results?

The reason these treatments do not get the desired lasting results is because they do not teach the person to short-circuit the panic loop and end the fear of fear. Instead they teach coping strategies that fail to address the core problem. Take a look at how panic attacks usually manifest:



The Panic loop



Almost everyone's first panic attack is triggered by an unusual bodily sensation. Anxiety related bodily sensations usually arise out of the blue and trigger intense confusion and fear. Common bodily sensations people report a pounding heart, tightness of chest or throat, shortness of breath, a dizzy spell, and pins and needles. Whatever the sensation, it is alarming you and you react with fear as you dread something bad is about to happen to your body. "You might wonder, is this a heart attack?"

Step 2

If you continue to overreact with fear and confusion to the sensations you feel, your the body's fight or flight response mechanism is switched on. This is the biological mechanism that is designed to keep you safe from real threats like being chased by a lion. It is the mixture of this biological mechanism with your not knowing what is happening to you, that triggers a FULL BLOWN panic attack.



Step 3

Eventually the waves of panic subside once the fight or flight response deactivates. The problem is, you still feel totally freaked out by what just happened and very much on edge because of all the chemicals that were released during the panic attack. This feeling of sensitization and general anxiety can last for hours after a panic attack.

Step 4

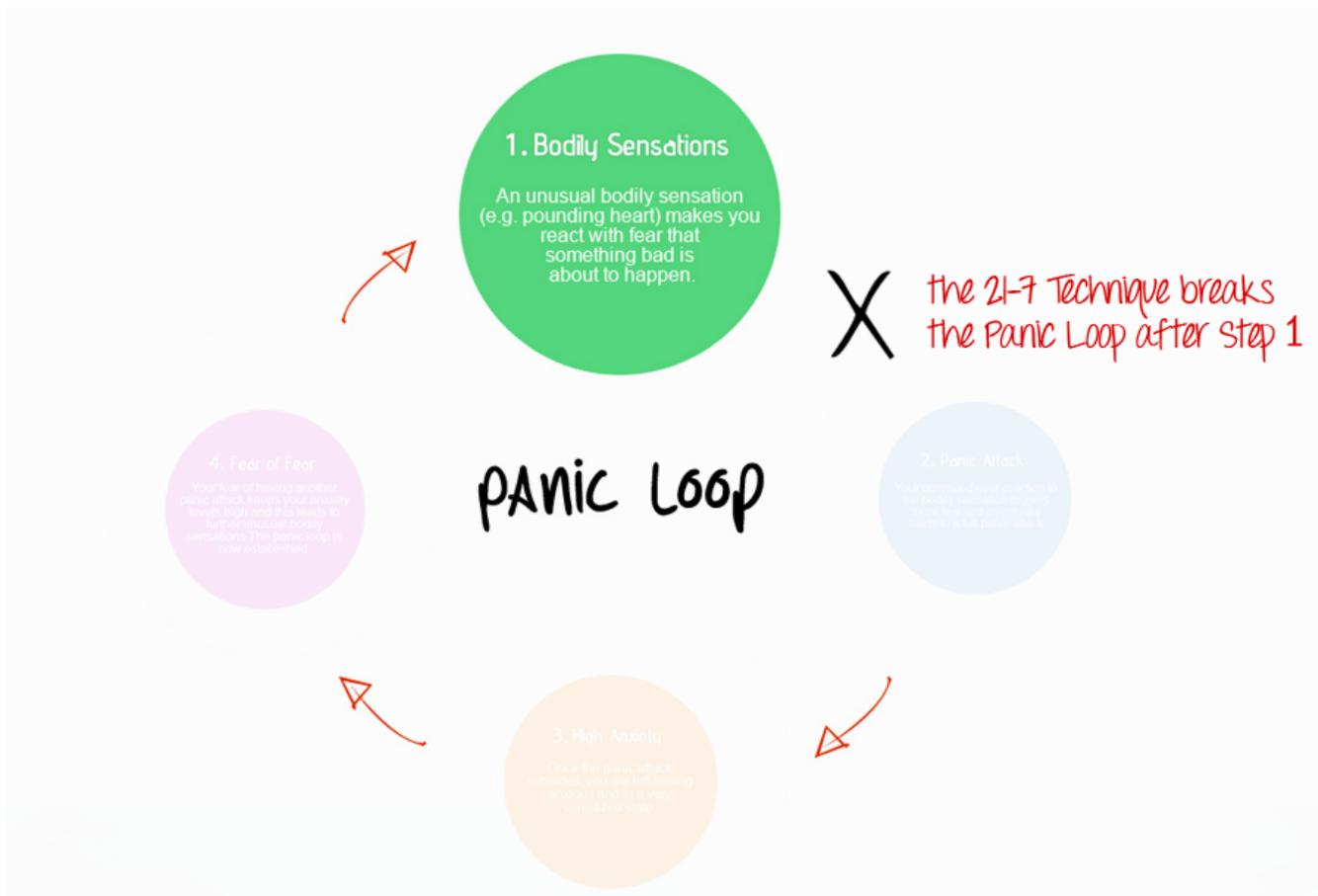
It is now the fear of another panic attack (fear of fear) that keeps you trapped in an anxious state of mind. You think avoidance is the best way to prevent further panic attacks, and that leads you to avoid situations or places that might trigger another episode.

Because you are constantly on the look out for the next panic attack, your body stays anxious and sensitized. This tension creates, yes you guessed it, more anxious bodily sensations, looping you back to stage 1. The panic loop is now established.

You can see from the above example how one incident of a panic attack can trap a person into a continuous loop of panic and anxiety. This loop can last weeks or years, depending on the help a person receives.

What I teach is how to short-circuit the panic loop after the very first step so the panic loop is immediately broken.





⇒ This Is Where Your Problem Lies

This is the key factor that makes the difference between those who fully eliminate panic attacks from their lives and those who do not. It is when the individual no longer fears the thought of having a panic attack.

This may seem like a simplified and obvious observation but give it careful consideration. The one thing that has you searching for a solution to anxiety and panic attacks this very moment is the fear of having another one.

The first time a person experiences a panic attack it can feel like their world is falling down around them. Nowhere feels safe as the anxiety becomes like a stalker lurking in the background.

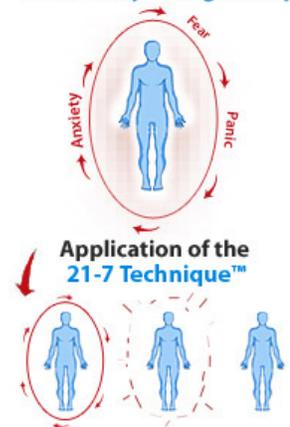
When this happens people begin to either avoid situations that make them anxious or they medicate themselves to the point where they are numb to the fear. I am sure you will agree neither of the above is a satisfactory solution.

What my program (Panic Away) does, and in particular the 21-7 Technique™, is give people the ability to stop fearing another panic attack.

The really unique element of the technique, is that there is no need for you to regress into your past and find out why you had your initial panic attack in order to get results. All that is needed is your willingness to break out of the panic loop. Are you ready to try this right now ?

In the end you must:

The Anxiety Thought Loop



Break this cycle of fear with a tool that will allow you to never fear another panic attack



From the feedback I get, it seems clear that other courses and treatments out there are not showing people how to end their anxiety. Rather than fully empowering you, they teach coping mechanisms and strategies on how to get over a panic attack once it happens. That is not good enough. Just coping with this condition is not good enough. People need a program that teaches them how to free themselves from ever having another panic attack again.

You are a lot braver than you give yourself credit for!

Dealing with anxiety is no easy feat. I know you feel a sense of shame because of the way you feel, but trust me; you are a lot braver than you think you are. Actually you already do the bravest of things. You get up each day and get on with life. It does not make headline news, but it counts because it is real bravery, true courage.

The average person has no idea how terrifying a panic attack can be or how upsetting all day general anxiety is, BUT you get on with it regardless. You go to work, you pick the kids up, and you look after your family. You do this even when you are feeling really bad!

If you had a physical complaint, people could understand. However, when you say it is 'anxiety,' they look at you a little strangely. I am so glad you kept searching for a solution because we are going to turn you into a your own HERO. You will be the hero of your own life where you overcome this struggle.



Well Done



You are now so close to ending this problem. Once you learn these techniques, you will grow and become a stronger person. You will discover that anxiety had a lesson to teach you, and by drawing meaning from the experience, you will transform your life forever. What you learn in Panic Away is not just about ending anxiety. It is also about embracing the bigger, braver you.

When you end your anxiety you are then in a unique position to help others. Be it friends and family or a stranger who crosses your path, you will be poised to make a difference. Your triumph over anxiety will turn into an inspiration for others. All it takes is a decision to act, BUT you must take action!

Yes, there is life after anxiety

<p>OVER 60,000+ PEOPLE HAVE USED THE PROGRAM TO END THEIR ANXIETY.</p> <hr/> <p>HERE IS AN EXAMPLE OF THEIR SUCCESS</p>	<p>BRANDIE NOW DRIVES </p> <p>A 23 MILE LONG BRIDGE, DAILY! ENDING A FEAR OF DRIVING.</p>	<p>COLIN TOOK A HOLIDAY WITH HIS WIFE </p> <p>ENDING A FEAR OF LEAVING HIS COMFORT ZONE.</p>
	<p>DARREN FLEW </p> <p>FOR THE FIRST TIME IN 7 YEARS.</p>	<p>MARY STARTED GOING TO RESTAURANTS WITH HER FAMILY </p> <p>ENDING A FEAR OF LEAVING HER COMFORT ZONE.</p>
<p>LUCY FINISHED COLLEGE AND GOT HER</p> <p></p> <p>DREAM CAREER</p>	<p>DANA WENT ON A CRUISE </p> <p>ENDING A FEAR OF PANIC ATTACKS AT SEA.</p>	<p>KISHORE HIKED A MOUNTAIN </p> <p>WITHOUT ANY FEAR OF PANIC OR ANXIETY MANIFESTING.</p>
	<p>JOINED A STAGE MUSICAL </p> <p>ENDING A FEAR OF PANIC WHILE PERFORMING</p>	<p>GAIL PRESENTS TO COLLEAGUES </p> <p>ENDING A FEAR OF PUBLIC SPEAKING.</p>

A message from Barry McDonagh:

Has any of this ever happened to you?

- Maybe you have found yourself in the hospital's ER because you thought you were having a heart attack, only to be told later it was anxiety?
- Do you ever fear you might stop breathing because your chest feels tight and your breathing is erratic?
- When you drive, do you fear the idea of getting stuck in traffic, on a bridge, or at a red light?
- Do you ever feel afraid you might lose control or go insane?
- Have you struggled with anxious, intrusive thoughts?
- Do you ever feel uncomfortable in enclosed spaces such as supermarkets, cinemas, public transport, or even sitting at the hairdresser's?
- Do you fear socializing because you might get anxious and have to leave in a hurry? What will they think, right?

I know how you feel because I have been there too!

- I know you fear that this problem will get worse, and you fear you might eventually lose control.
- I know you feel anxious doing very simple things like standing in a queue, driving or even leaving your home.
- I know you have tried other treatments and traditional 'coping' exercises that did not work.
- I also know most people in your life don't get it. They wonder why you are so anxious all the time and wish you would just 'snap out of it.'



Barry McDonagh

Creator of the Panic Away Program

In the past 10 years, The Panic Away Program has touched over 150,000 lives in 32 countries worldwide. Everyone has used it, from soccer moms to famous celebrities. Barry's mission is to reach 1 million people by 2016 and change the way we treat anxiety forever.

But

It's OK because all of this is curable. Your anxiety can be healed, and no, you are not going to lose control or be stuck this way forever. Panic attacks are very unpleasant adrenaline rushes BUT they will not kill you.

“ *You have my word as a doctor—this adrenaline rush will not kill you* ”



Dr Harry Barry is a medical doctor with a particular interest in mental health and has extensive experience in dealing with issues like anxiety and depression.

I'm on a mission

I find it maddening that to this day, when you seek help for panic attacks or general anxiety, your only options tend to be 1) medications or 2) outdated coping exercises to manage the anxiety. **People are not being given real solutions to end anxiety.**

I suffered from panic attacks and general anxiety for years, and I had plenty of coping exercises. Not one of them worked! One day, I decided I wanted my life back, and I was not going to just cope with the anxiety any longer! **Whatever it took, I would find a real solution to end the anxiety for good.** That determination led me on an incredible 2 year journey of self discovery and eventually to a technique that would not only change my life but that would go on to change the life of thousands of other people as well.

The Panic Away Program was born in 2001, and through the sheer number of success stories, it has gone on to become one of the world's most successful programs for ending panic and anxiety.

At the core of Panic Away is a technique called the 21-7 Technique™. This technique teaches how to stop a panic attack in 21 seconds flat and reduce general anxiety in less than 7 minutes.

Together, with my team, we have already touched the lives of over 150,000 people. This is a great achievement BUT nowhere near enough to reach a tipping point in how the world treats anxiety. **Therefore, I have set an ambitious goal of reaching 1 million people with this technique by 2016.** The more people who end their anxiety using Panic Away, the closer we will be to changing the way anxiety is treated the world over.



I am different in that I believe:

- ✗ Telling people they will always have to cope or manage their anxiety is wrong (they can end it with the right technique).
- ✗ Prescribing medications indefinitely is wrong (medications are 'band aids' that plaster over the problem).
- ✗ Labeling people with the term 'anxiety disorder' is wrong (labels stick and give the impression the problem is permanent).
- ✗ Selling people on a 'magic bullet' solution for anxiety is wrong (*to get results in anything, you have to apply what you learn*).

So why should you listen to me?

You should listen to me because as a former sufferer of anxiety, I am changing the way people treat anxiety the world over. The technique I teach, (21-7 Technique™) is a very unorthodox approach for ending panic and anxiety that has already helped thousands of people to date. People from every walk of life stay-at-home moms, police officers, soldiers, and even T.V. celebrities have been able to apply this program and achieve lasting results.

Many of these people actually go on to help others dealing with the same issues because they come to see that coping is NOT the solution. No one should have to cope with this, when they can end it. You can too.



Barry McDonagh's program has been featured on TV and talk shows across America



Dr. Dahlia Keen is a Licensed Clinical Psychologist practicing in private practice in Beverly Hills, California. www.DrDahlia.com

“

I would definitely recommend it to my patients

Panic-Away is a useful, innovative and insightful technique to take charge and eliminate panic. Its clever and empowering short handed phrases enable a person to detach from their anxiety and challenge it full force. **Indeed-this can be the “First-Aid” kit for anxiety.** I would definitely recommend it to my patients.

”



Dr. Glenn Livingston holds a Ph.D. in clinical psychology and has been extensively quoted on creative psychological and research theories (e.g. in The New York Times, The Los Angeles Times, etc.) www.emotionaleatingssecrets.com

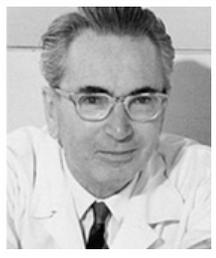
“

..it's well worth the investment

Finally, a clear and concise explanation of panic in it's many forms, with practical advise and exercises for symptom reduction and elimination. If you suffer with panic of any type, it's well worth the investment to get this compassionate, jargon-free program

”

Some of the greatest doctors in the world have advocated the same approach for ending anxiety:



Dr. Viktor Frankl

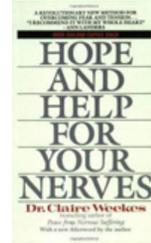


Dr. Clarie Weekes

Dr. Viktor Frankl and Dr. Clarie Weekes were two doctors who made what many regard as the greatest contribution to treating anxiety. They did not see anxiety as a mental illness but rather a problem of an over-sensitized nervous system that could be easily corrected with the right approach.

Their pioneering work should have become the mainstream approach for treating anxiety but was unfortunately pushed aside in the early 1960's with the rush to prescribe anti-anxiety medications.

The 21-7 Technique™ (as taught in Panic Away) has its roots in the great teachings of these two doctors but brings their methodology into the 21st century with a more holistic system that is incredibly effective and easy to apply.



How does this program actually work?

All the techniques in Panic Away are designed to allow your body to heal naturally. This is achieved by pushing your mind out of the way and allowing your parasympathetic nervous system to activate. By continuously stimulating your stress response, it is your anxious mind that keeps this from occurring. In essence, Panic Away teaches you to trick your anxious mind to move out of the way so your body and mind can begin to relax again.

Once your anxious mind is no longer stimulating the stress response, you quickly begin to feel more like your old self again. In addition to this, you learn how to stop panic attacks from occurring by short-circuiting the panic loop and ending the fear of fear.



It's your Life - Take it Back!

In order to end an anxiety problem, you must take decisive action. You have to go after an anxiety free life; it will not find you. **Enough wasting your precious time on panic and anxiety... take your life back!**

Some people resist taking the first step because they feel guilty about investing time or money in themselves. What they fail to see is that investing in a proven solution not only helps YOU, but it also benefits ALL the people around you. **How can you be there for friends and family, if you are not feeling right yourself?**

The other great benefit to educating yourself with a program like this is that you can then teach what you learn to others who are going through something similar. You can become their ROCK of support by sharing what you have learnt.

Remember our goal is to reach 1 million people by 2016, and we want you to help us achieve that by becoming a walking, talking success story yourself!

Panic Away Program



Here's what you're getting:

- Panic Away 245 page book.
Many report that after just one reading of the book, their anxiety is dramatically reduced or completely gone!
- Panic Away DVD
You get the HD DVD to fast-track your recovery. You will learn the basics of Panic Away in just 48 minutes flat! This DVD makes the 21-7 technique™ really simple to learn and apply.
- Panic Away CD's The CD's are extremely useful for people who prefer to listen to lessons. You will learn how to release deep-seated general anxiety, end driving anxiety, eliminate night panic, cease anxious thoughts, and stop fearing unusual bodily sensations.
- Plus two special bonuses when you order today (see below)...

Keep the Program Guarantee?



Have You Ever Seen a Guarantee Like This?

Panic Away has been sold online for over 10 years, and I'm SO confident that this program will get you results that I offer a "Keep the Program?" guarantee.

What that means is that if you do not get results with the program within the first few days of using it, you can simply email for a full refund and

YOU GET TO KEEP THE PROGRAM. Yes, that's right. Even if you order the printed pack you do not have to ship it back to us to get a full refund!

I am able to offer this type of unique guarantee because once people start using the program they really do **GET RESULTS**. Sure, a small percentage of people will abuse a guarantee where I take on all the risk, but as a whole, people are honest and do not seek a refund for something that transforms their lives and brings them a wonderful new sense of freedom.

The other reason I offer a "Keep the Program?" guarantee is because I need you to feel safe and secure in ordering from us and ensure you that you will not be let down or disappointed. This will not be a decision you regret!

Visit www.PanicAway.com

But that is not all!

Bonus #1

Panic Away Forum

Regarded by many as the best-kept secret of Panic Away, the members' support forum is an essential part of Panic Away. There you will find the most caring and supportive people who want you to succeed because they have.

- Live chat feature and round the clock support
- Members motivate each other.
- People who know exactly what you are going through
- Motivational success stories posted each day



Bonus #2

Panic Away Conversations '2012'

This is one of the most important Panic Away audio segments and has just been released. I have put together the very best snippets of people who are using Panic Away discuss how they apply it. Hearing it in their words is truly inspiring.

- This one audio program 'clicks' Panic Away into place for most listeners
- Hear how people applied the 21-7 Technique™ to end their anxiety
- Situation specific advice, e.g. driving, setbacks, anxious thoughts





Heather found the member's forum invaluable for the support and encouragement it gave her while ending her panic/anxiety

“

I just want to thank all of you that have helped me when I have needed someone most. It's incredible that people can be so understanding and helpful through all of this. You are all incredible and have all endured the most difficult things anyone has to go through. Without this forum and all of you that have helped me, I don't know where I would be; Thank you all

”

But why even charge for the program?

I know some people think that this program should be free. I fully understand where they are coming from, but that approach could not support the kind of comprehensive service we offer and the goals we are trying to achieve. We need to run the program as a business in order to hire the best staff and deliver the very best service that we can. There are several costs involved in reaching as wide an audience as possible and ensuring we hit our goal of reaching 1 million people by 2016.



We have a talented staff of therapists, customer service, and IT representatives all working in the background to make this dream a reality. We can only do this by charging a fee for the program. (BTW we also offer a sponsorship program for those that are unemployed.) Compared to other options, we have a very low price, and on top of that we don't ask you to take any of the risk with our one of a kind 'Keep the Program' guarantee.

(Try asking your doctor/therapist for a similar guarantee before you start their treatment.)

Special Offer 25%
Cheaper Than Amazon.com

You're being given the opportunity to order this program today and make a BIG saving! Order now to get the physical pack shipped to you anywhere in the world, PLUS you'll still get instant access today to the entire downloadable digital program through our private membership site. This is 25% cheaper than on Amazon.com and is only available here, through the official site.

Now is YOUR time.

How will tomorrow be any different if you do not take action today? I know many of you fear taking action to end your anxiety in case you fail. Then you might feel even more desperate than before. But that is just the anxiety speaking, not the real you. Decide that TODAY is the day for action.

This is about improving the quality of your life dramatically. In fact this could be the most important decision you make in a long time. You can have freedom again, It's your birthright, it's just a matter of deciding to go after it! Remember, deciding NOT to act is also a decision. You must make the move towards an anxiety free life. It will not find you.



Visit www.PanicAway.com

Why Are We Giving YOU A 25% Discount?

We want to get this in the hands of as many people as possible. Our goal is to reach 1 million people by 2016 and keep the price of the program low. Keeping the price low, while still being able to offer you the very best service, is the way we hope to achieve it.

By ordering the physical pack for 25% off, you will gain instant access to the downloadable version of the program. PLUS you will get the physical pack shipped to you anywhere in the world. You won't find the program cheaper anywhere else.

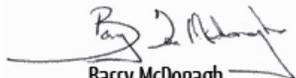
You will achieve results. You will win in the end

I know you will win because I have seen the most difficult cases become amazing success stories.

I have worked with people from every type of background. In some extreme cases, these people were locked up in their houses and thought they would never live normal lives again. Others convinced themselves their anxiety was different than everyone else's and that it could not be cured.

It's a joy to see these people setting themselves free from anxiety and the great news is that it is not hard to do. It just takes action. If YOU are ready to take that action, I AM ready to help you every step of the way.

Let's do this together. Let's make you the hero of your own life.


Barry McDonagh



Mission 2016

We are on a mission to reach 1 million people by 2016.

When doctors and therapists see their patients transformed so quickly by this program, they frequently end up using the program in their practice. **We believe we can change the way anxiety is treated at a grass roots level** by creating so many success stories that a natural tipping point occurs.

We want your success to be part of that paradigm shift. Together we can change the way anxiety is treated forever by demonstrating that there is clearly a much better solution than medications and coping techniques.

