**Do you fear the arrival of another panic attack?**

People who have experienced panic attacks often go around with a grave sense of unease that at any moment, they will experience a major panic attack.

It’s a fear of the ultimate panic attack that would finally push them over the edge.

This leads people to make changes to their behavior in order not to do anything that might trigger a panic episode.

When people feel this way, simple daily tasks can become big challenges. Some people start to fear driving their car in traffic. Others fear leaving their safe zone or simply any situation where they have responsibilities to perform.

This state of apprehension keeps a person’s anxiety level high, leading to feelings of general anxiety.

If you are such a person I hope to put your mind at rest. Panic attacks as well as general anxiety (even when not accompanied by panic disorder) can be eliminated in simple steps regardless of how long the anxiety has been a problem.

I am speaking not just from my own personal experience but from having worked with thousands of people right around the world.

**Here is an important observation:**

The key difference between someone who is cured of panic attacks and those who are not is really very simple. The one who is cured is not afraid of panic attacks. I’ll try to show you how to one of these people as well.

What if I told you the trick to ending panic attacks is to want to have one!

That sounds strange but let me explain.

A simple trick to ending panic attacks is wanting to have one because the wanting causes an immediate diffusion of the anticipatory fear.

Can you have a panic attack in this very second?

No !

You know the saying “what you resist persists.” Well that saying applies perfectly to fear. If you resist a situation out of fear, the fear around that issue will persist.

**How do you stop resisting?**

You move directly into the path of the anxiety; by doing so it cannot persist because you process the fear out through your emotions.

Try in this very moment to have a panic attack and I will bet you cannot… Yes, I know the idea of calling on a panic attack is scary at first but play with the concept and watch what happens.

You may not realize it but you have always decided to panic. You make the choice by thinking

“This is beyond my control.”

“These scary sensations are beyond my bodies control.”

It may help if you imagine that having a panic attack is like standing on a cliff edge.

The anxiety, it seems, is pushing you closer to falling over the edge. Each time you fight back using poor coping strategies the more desperate you feel.

To be rid of the fear you must metaphorically jump. You must jump off the cliff edge and into the anxiety and fear and all the things that you fear most. How do you jump?

You jump by wanting to have a panic attack. You go about your day asking for a panic attack to appear. Your real safety is the fact that a panic attack will never harm you. That is medical fact.

You are safe, -Yes, the sensations are wild and uncomfortable, but no harm will come to you.

Your body is in a heightened state but no harm will come to you.

The jump becomes nothing more than a two inch drop! You are safe.

You always were.

Think of all the panic attacks you have had to date and come out the other end. Was there any lasting physical damage to you, other than the mounting feeling of panic?

Now you are going to approach this problem differently. You actively seek out the attack like an adventure seeker. Take the opposite approach.

**YOU bring it on!!!**

To Learn more about Panic Away visit: [www.PanicAway.com](http://www.panicaway.com/affiliates/)

**Here are some of the things you will learn from Panic Away…**

-Learn how to be empowered and gain confidence by engaging a simple technique to defuse any panic attack.

-The four most powerful approaches to creating an enduring anxiety buffer zone (particularly useful for those who experience GAD).

-Learn to avoid making the one mistake almost everyone makes during a panic attack episode.

**Here is a small sample of how the course has helped others:**

…learned more from reading your program than I did from all the psychologists and other practitioners I had seen in the 25 years

I must tell you that out of all the items you can purchase regarding anxiety related products on the internet, I learned more from reading your program than I did from all the psychologists and other practitioners I had seen in the 25 years that I’ve had this condition.

I had been on Xanax and Klonopin for about 10 years, but this December, I decided to withdraw from it thinking I didn’t need the pills anymore according to some of the programs I ordered claiming “miracle cures”. That’s when all my symptoms started again. I felt as if I had wasted the past 20 years trying to get better.That’s when I started searching the web for home based “cures”. I ordered so many programs I started to get confused from too much conflicting advice. Also, I was promised support but I am still waiting replies from some of the more expensive programs!

You are a true gentleman, and I am going to post a very positive feedback on a website you might be familiar about called: Tapir?

Talk to ya, Andy

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…I DEBATED ORDERING YOUR PROGRAM BECAUSE I HAVE SPENT APPROX. $8,000 IN THE LAST 5 YEARS

, I RAN ACROSS YOUR PROGRAM SUNDAY, FEB. 5th. I DEBATED ORDERING YOUR PROGRAM BECAUSE I HAVE SPENT APPROX. $8,000 IN THE LAST 5 YEARS OF MY LIFE TRYING EVERYTHING FROM PANIC SUPPORT CLASSES, MEDICATION, COUNSELING AND THE LIST GOES ON, ALL TO RID MYSELF OF PANIC ATTACKS. SOMETHING INSIDE ME SAID, JUST KEEP TRYING, SO I DID. AFTER 5 YEARS OF OF LIVING MY LIFE WITH THE WORLD ON MY SHOULDERS I AM EXCITED TO SAY THAT I AM NOW PANIC FREE. AFTER ONE TIME OF APPLYING YOUR ONE MOVE TECHNIQUE, I AM A NEW PERSON.

ONE OF MY MANY FEARS THAT I DEVELOPED WAS DRIVING. AFTER READING YOUR PROGRAM AT 12.30 AT NIGHT I WROTE DOWN SOME QUICK NOTES FROM YOUR “ONE MOVE TECH.” I RAN OUT OF MY HOUSE AND DROVE TOWARD THE DARKEST SCARIEST ROAD WHERE NOBODY WAS NEAR BY.

THIS WOULD DEFINITLY BRING ON AN FULL PANIC ATTACK, WHICH IT DID. WHILE LETTING MYSELF FEEL THE EMOTIONS RUN THROUGH ME, I DID EXACTLY WHAT YOU TOLD ME TO DO, I WAS SCARED AS HELL BUT STOOD MY GROUND. I INSTANTLY CALMED AND EVEN TRIED TO BRING THE ATTACK BACK ON, BUT COULD NOT. I LITTERALLY LAUGHED OUT LOUD AND SAT IN MY TRUCK AMAZED. AFTER ALL THIS TIME THAT WAS ALL I HAD TO DO. THE COMPLETE OPPOSIT OF EVERYTHING THAT I WAS TOLD. THIS WHOLE WEEK I HAVE DRIVEN WHERE EVER I WANTED,AT ANY TIME OF THE DAY. I AM SO GLAD I FOUND YOUR PROGRAM.

THANK YOU SO MUCH FOR ALL YOUR RESEARCH, TIME, AND DEDICATION SO THAT PEOPLE LIKE US CAN NOW LIVE A NORMAL AND HAPPY LIFE. JACKSON CA, AARON

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…I prayed to God to show me what to do

I experienced my first panic attack in July of this year and ended up going to the hospital by ambulance thinking I was having a stroke or heart attack! I have had a bunch of attacks since then. Monday morning I awoke to an immediate attack and prayed to God to show me what to do. To make a long story short, I was led to your website but was afraid it was like the other ones where they try to sell you their products. However, your introductory information really spoke to me and I decided to take a chance. I read your book and it gave me the tools I was searching for to deal with my attacks.

I could tell immediately that you have suffered from panic attacks yourself because you spoke with authority that can only have come from having dealt with the terrors yourself. I am 42 years of age and have been noticing the psychological effects of perimenopause (one of which is panic attacks in my case). Thanks again!!

Sincerely, Cynthia

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**To Learn more about Panic Away visit:**

[www.PanicAway.com](http://www.panicaway.com/affiliates/)

I encourage you to take a chance with this course. As a former sufferer I would not pretend to have a solution if I did not honestly believe it could be of great benefit to you.

Together we can get you truly back to the person you were before anxiety became an issue.

P.S. Additional bonus- I am currently offering an opportunity to have a one to one session with me so that I can ensure you get the results you need. All I ask is that should you feel the course has been of tremendous benefit to you that I add you to a database I am currently updating of success stories.

**If you want to learn more about this course and how to get started right away visit:**

[www.PanicAway.com](http://www.panicaway.com/affiliates/)

Talk soon

Barry McDonagh

All material provided in these emails are for informational or educational purposes only. No content is intended to be a substitute for professional medical advice, diagnosis or treatment. Consult your physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition.