



A Life Less Anxious: Freedom from Panic Attacks and Social Anxiety Without Drugs or Therapy

By Steve Pavlanis

Alpen Publishing Company. Paperback. Book Condition: New. Paperback. 180 pages. Your roadmap to recovery from panic attacks and anxiety. You will learn to: Control scary and obsessive thoughts Overcome social phobias such as fears of public speaking and flying Feel calm and relaxed without medication Develop more self-confidence and a positive outlook on life Use meditation to quiet your mind and gain perspective Do you have a tremendous fear of public speaking, flying, or other social situations Do you live in fear of having another panic attack Do you depend on antidepressants, alcohol, or other medications to calm you down or help you sleep If so, you're not alone. Tens of millions of Americans are affected by anxiety disorders and many more worldwide. I personally struggled for five years with extreme social anxiety and panic attacks, constantly battling my own scary and seemingly uncontrollable thoughts. I finally found the path to freedom from excessive worry, medication, and fear. I have overcome these problems and now live my life with a greater sense of inner peace and calmness. I'm not a medical doctor, psychiatrist, or therapist of any sort. I am simply a normal guy whose life was once overrun with constant worry, fear, and depression. With...



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