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Stop Panic Attacks: How To Easily Get Rid Of Panic Attacks & Anxiety, A Proven Plan To Recognize, Treat And Overcome Panic Attacks (Self Help Book, Self Help Lessons, Leadership, Leadership Lessons)

Jessica Cambridge

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A Proven, Step-By-Step System To Easily Get Rid Of Panic Attacks & Anxiety, A Proven Plan To Recognize, Treat And Overcome Panic Attacks

Today only, get "Stop Panic Attacks: How To Easily Get Rid Of Panic Attacks & Anxiety, A Proven Plan To Recognize, Treat And Overcome Panic Attacks" Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains proven steps and strategies on how to deal and stop panic attacks in order to live a more quality life.

Here Is A Preview Of What You'll Learn...

- What is a Panic Attack?
- Signs and Symptoms
- Causes of Panic Attacks
- Panic Attack Diagnosis
- Treatment for Panic Attacks and Panic Disorder
- How to Manage Panic Attacks
- Much, much more!

What is a Panic Attack?

Panic attacks can be an indication of an underlying anxiety disorder in an individual. These panic attacks are considered as a serious health problem in the United States because there are a lot of people who are suffering from panic attacks at certain times in their lives.

A panic attack is characterized by a sudden experience of strong terror that brings about various physical responses when there is no actual danger or cause. There is a rush of intense mental and physical symptoms during a panic attack. The age at which most people have their very first panic attack is between 15-19 years old. Panic attack is different from other types of anxiety because it is unexpected. Panic attacks are not provoked by anything but they can be very incapacitating.

Most people will have a panic attack or two during their lifetime, usually during a stressful event. But when the problem goes away, the panic attacks ordinarily end. However, if you are experiencing periodic episodes of panic attacks and always worrying when the next attack will happen, you may be experiencing a panic disorder.

Before, panic attacks are said to be due to stress and nerves. Today, it is diagnosed as a medical condition. Children may also have panic attacks but only a small percentage of them experience it. Gender is not an issue because both boys and girls may have this at the same frequency. Panic attacks among kids can result to poorer school performance such as deteriorating school grades. Some might even resort to substance abuse and may experience depression and suicidal tendencies.

Phobias may develop among those who are experiencing panic attacks. For example, one may have an attack during an elevator ride, or in a crowded area. People who develop phobias may start to avoid the situations that caused the panic attack. Some individuals that are afflicted with panic disorder may even avoid driving or going out of the house.

Those who suffer a panic spell feel like they are going to die or have a heart attack. There is numbness all over the body and hyperventilation occurs. Others may experience tunnel vision because blood from the head leaves and goes to the other parts of the body in a form of self-defense.

Understanding a Panic Attack

There are many cases when a panic attack does not have any warning at all. The reason for the attack may not even be clear and it can even occur when you are relaxing or resting. For some, panic attacks may be a one-time thing but for others, there may be repeat episodes that can be triggered by a certain situation that has caused a previous panic attack..

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Evelyn Rodrigue:

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