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Dare: The New Way To End Anxiety And Stop Panic Attacks Fast



DARE

THE NEW WAY TO **END ANXIETY**
AND STOP PANIC ATTACKS

BARRY McDONAGH

BEST-SELLING AUTHOR OF PANIC AWAY



Synopsis

There's a new and faster way of anxiety relief, but few have ever heard it. Most people are advised to either just "manage" their anxiety or medicate it away. If you're tired of just managing your anxiety and want a powerful natural solution, then apply the DARE technique, as explained in Barry McDonagh's latest book. Based on hard science and over 10 years of helping people who suffer from anxiety, Barry McDonagh shares his most effective technique in this new book. The DARE technique can be used by everyone, regardless of age or background, to live lives free from anxiety or panic attacks. In this step-by-step guide, you will discover how to: Stop panic attacks and end feelings of general anxiety Face any anxious situation you've been avoiding (driving, flying, shopping, etc.) Put an end to anxious or intrusive thoughts Use the correct natural supplements to relieve anxiety Boost your confidence and feel like your old self again Fall asleep faster and with less anxiety each night Live a more bold and adventurous life again

Book Information

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Customer Reviews

In the summer of 2014, out of the clear blue sky, I had my first panic attack on an a flight from Atlanta to Chattanooga, TN. Fortunately, I was able to exit the airplane before takeoff, but began to spin rapidly downward into a world of which I had no understanding - in fact, completely bewildered, scared, and depressed. Most people have no idea what's happening when they have a panic attack, and I was no different. After seeing my GP (who diagnosed it immediately), I scheduled 6 sessions with a well-meaning but relatively ineffective counselor who recommended relaxation techniques that were only mildly effective. I was in a season of job change, and this was going to effect it

radically, as I was heading back into consulting with consistent travel, meetings, interactions, etc. Panic and anxiety was exploding into agoraphobia, to the point that I couldn't go to the back of my local grocery or club store without feeling the walls closing in on my life. I was in prison. Only by the grace of God did I stumble upon Barry McDonagh and the Panic Away program. I consumed every ounce of his information, and began to practice his techniques: 1. Say "so what is the worst that can happen?" 2. Fully and completely accept and allow the discomfort (NOT DANGER) or anxious feelings and thoughts 3. Face it down - dare it to do its worst and 4. Engage in another activity - dwell in the moment to reacclimate the brain. Unlike many other programs, Barry's counter-intuitive approach of addressing our fears and anxiety head on forced me to deal with discomfort in a new way, and to prove to myself that I could push through anxiety and stretch out my boundaries.

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