

The book was found

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

Audible Audio Edition

Listening Length: 6 hours and 19 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Author's Republic

Audible.com Release Date: April 27, 2016

Language: English

ASIN: B01ETUC7JS

Best Sellers Rank: #11 in Books > Self-Help > Anxieties & Phobias #90 in Books > Audible Audiobooks > Health, Mind & Body > Psychology #171 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

In the summer of 2014, out of the clear blue sky, I had my first panic attack on 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.

[Download to continue reading...](#)

Dare: The New Way to End Anxiety and Stop Panic Attacks Fast The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks When Panic Attacks CD: The New, Drug-Free Anxiety Treatments That Can Change Your Life Help With Panic Attacks The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Learn Japanese the Fast and Fun Way (Fast and Fun Way Series) Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) Can't Stop Won't Stop: A History of the Hip-Hop Generation Stop, Train, Stop! A Thomas the Tank Engine Story The One-Stop Bible Atlas (One-Stop series) Twelve Days of Terror: Inside the Shocking 1916 New Jersey Shark Attacks Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Panic, Prosperity, and Progress: Five Centuries of History and the Markets (Wiley Trading) Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life

[Dmca](#)