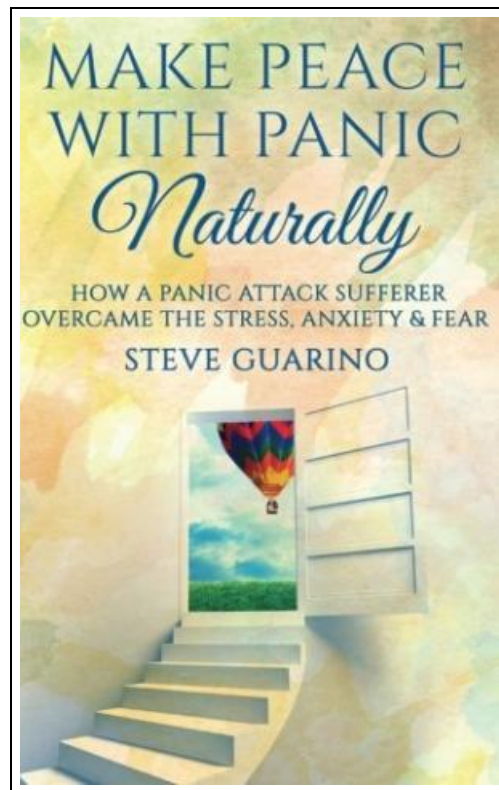


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Steve Guarino, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Panic Attacks Hurt, But Can lead to Healing and Peace. If you or someone you care about is struggling with the fear, anxiety and stress associated with panic attacks, I wrote this book as a guide to help you live a normal life; a life filled with inspiration and joy for the start of each new day. It s possible. I m living proof of it. I ve been there. Living joylessly to get through each day and make it to the next without experiencing too much anxiety and fear. I was living my life, but not the way I would have liked, taking medication to avoid panic attacks and sleepless nights. That s no way to live. The meds helped in some ways and hurt in so many others. Exhausted and frustrated, I finally decided that enough was enough. It was time to do whatever it took to live a normal life. A life not controlled by anxiety, stress and fear. It was time to make changes. I researched, spoke with experts, and implemented a number of changes that, while difficult, helped me reduce the stress and eliminate the panic and fear holding me back. Not a short journey, but it was a successful one, with challenges presenting choices, opportunities, and hope. If you re seeking sanctuary from your personal storm, this book will help if you ll do your part. Read my story, heed the advice and resolve to experience lasting peace and happiness in your life. Learn to control your destiny by putting an end to the fear currently controlling you. Find the hope, courage, and confidence to live an extraordinary life. Your best, most creative, and productive...



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