

HOW TO OVERCOME

# ANXIETY AND PANIC ATTACKS



**Qik Study to Easily and Quickly Understand Anxiety and Panic Attacks; Medical Treatment, Group Support and Proven Strategies to Get Relief from Your Anxiety and Panic Attacks.**

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The advice of a competent professional should always be sought.



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# Introduction

Anxiety is defined as an abnormal and overwhelming sense of apprehension and fear often marked by physical signs, such as tension, sweating and increased pulse rate; by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

Although self-diagnosis is never advised, it is helpful to have a high level of understanding regarding the symptoms of a number of Anxiety related disorders. *How to Overcome Anxiety and Panic Attacks* provides the 30,000 foot view. This information is a step in the right direction when you begin to walk down the path to recovery and well-being in your mental health.

Hopefully, this ebook provides information that can help you feel that you are not alone in dealing with anxiety and that it is nothing to be embarrassed by, as you move forward to find a resolution for this problem.

Anxiety disorder does not discriminate, it can happen to anyone.

## What is Anxiety?

Your heart is pounding like it is going to jump out of your chest. Your chest feels tight and you are having trouble breathing.

The dizziness makes you feel like you will fall if you do not sit down.



You think you may be on the verge of a heart attack. You are sure something is really wrong with you.

Anxiety is a mental disorder which may cause a person to fear just about anything. This fear is frightening because it is so intense. If you have any type of disorder that is associated with anxiety, then your mind will always be focused on being scared for no apparent reason. You feel that there is no solution to your unfounded fear and that there is no way out.

Your are frozen with fear.

This disorder can attack at any time. A diagnosis of Anxiety Disorder may include panic attacks, obsessive compulsive disorder and others that are related to the anxiety disorder family. There are many people who suffer from anxiety attacks.

If you suffer from anxiety attacks you need to know how to diminish the severity of your fear.