

# Free\_yourself\_from\_panic\_attacks\_plr

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Thankfully panic attacks are very treatable. Often it is just a matter of learning to recognize the symptoms and learn simple but effective techniques that help you release yourself from the crippling effects a panic attack can bring. If you've ever experienced a panic attack you know how it feels. It can come on very suddenly and is incredibly intense. You feel anxious or fearful and your heart pounds. Many people suffering from a panic attack will feel like their heart is giving out and may be fearful that they are going to die. Though it feels like it lasts forever, panic attacks only normally last between five and twenty minutes. While many people will have one or two in their life time, if they are occurring on a regular basis and begin to impede the day to day rhythm of your life, you may in fact have a panic disorder. It is more common for women than men to suffer from reported panic attacks. However due to the fact many panic attacks can be misdiagnosed as heart problems which men tend to report more than women, it is possible the statistics are unofficially a lot closer together. Left untreated, regular panic attacks can cripple you and prevent you from carrying out your everyday activities. However thankfully panic attacks are very treatable and you don't need to suffer under them forever.

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