

Mp3 Steven Diamond - When Anxiety Attacks

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Awesome 4 CD Audio Course on Attacking Anxiety. 13 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: When Anxiety Attacks: What to Do and How to Make it Disappear! By Steven Diamond Seen on "The Jane Pauley Show" "The Today Show" "CNN" and many more... What are the symptoms of an anxiety attack? Anxiety attacks starts suddenly and are often at it's worst within 10 minutes. An attack may last for hours. Some of the typical symptoms are: Pounding heart or fast heart rate. Sweating. Trembling or shaking. Feeling of choking. Chest pain or discomfort. Nausea or stomach pain. Trouble breathing. Dizziness or light-headed. Fear of losing control or going crazy. Fear of dying. Numbness or tingling feelings. Chills and/or hot flashes. Total confusion and bewilderment ANY OF THIS SOUND LIKE YOU OR SOMEONE YOU KNOW? If so, you need this course. This program has helped thousands and it will help you! During this course you will learn about depression as well as the following Anxiety disorders: panic attacks, obsessive-compulsive disorder (OCD) and Anxiety Attacks. You might be surprised to learn that Anxiety, OCD and Depression often go hand in hand. These are all real medical conditions that affect your body, the way you think and how you feel and act. They affect people of all ages, genders, backgrounds, lifestyles, races, and ethnic groups. Because we now know that with the right treatment and support you can get back to enjoying your life. You'll be more productive and have clear thoughts once again. Most importantly, this course will teach you real life skills that you can use right now to begin living a better life. No fluff, just the facts learn and experienced first hand by a real life sufferer who's lived it, been through therapy and survived! Steven Diamond answers every question you might have and teaches only what you really need to know. Saving you time and money in the process. Here's some of what you will learn: CD Number One - Introduction The Basics All About Anxiety Common Fears / Handling Terrorism Taking Action Causes of your Attacks Breathing, Silence and Stillness CD Number Two - Exploring your Internal Dialog High Expectations and Nutrition Anger Assertive Behavior CD Number Three - Guilt and Worry Over-thinking Scary Thoughts Getting the Help You Need BONUS CD - Visual Relaxation Journey Enhanced CD - Put this disk into your computer for access to our free database where you will find a nation wide directory for free and discount drug programs. This 4 CD

enhanced audio course is not written from a doctor's point of view, as Steven has only a high school education, but from the viewpoint of an actual sufferer, with key OCD / Anxiety incidents explained in layman's terms. He hopes you will identify with what he has learned and experienced and in turn helping you to avoid some of the suffering he endured for so long. Consider this audio course as an owner's handbook of what to do and how to get help. When Anxiety Attacks - what to do and how to make it disappear, will move you, teach you and inspire you to use what you have learned to make the difference in your own life.

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