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Abolish your Panic Attacks and Phobias Instantly

Dale French

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Abolish your Panic Attacks and Phobias Instantly Dale French
As a panic attack sufferer myself, I can relate to the horrors that these can bring. I have studied them for years, but it was not until I quit drinking that I had to overcome them. If you need help with panic attacks or the phobias they cause, this book will help you immediately. I include two real life short stories of two of my panic attacks and one fiction short story that will let you enter the mind of the character as he overcomes his panic and fear of heights as it is happening. I then go over the technique in detail. This worked for me, again and again, at the crucial time of staying sober.

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