



How to Cure Anxiety and Panic Attacks Naturally: --Special Edition Featuring the Treatment for Agoraphobia

Mr. Richard L Kuhns, Mr. Richard L. Kuhns, Ms. Jonquelyne Kalmbach

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“Learn to relax” is not great advice, but unfortunately it’s the advice you’ll often get. In fact I find many panic sufferers go into a panic state when they attempt deep breathing exercises or try to relax. Strangely enough, panic anxiety attack, and agoraphobia are all diseases of ignorance. Your personality traits and diet often determines that you react with anxiety to stress—including free floating anxiety. With the easy to understand approach using an external focus as opposed to internal focus (as in relaxation techniques) you make a minor shift in your behaviors—those that make your personality—such that you’ll discover that you can reprogram you subconscious to leave out the flight reaction and soon be in a position to remember that anxiety used to be a problem but forget what it felt like.

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