

Anxiety And Panic Attacks - With Private Label Rights



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Your heart is racing so fast and you don't know why, at least not at first. Then your chest tightens and you feel like you are having a heart attack. All of a sudden, you start sweating and getting jittery. What is going on? Wait a minute.....these and other symptoms are signaling that you are having an anxiety attack. You're having an anxiety attack because you are worried about this and that. You stay in fear because you don't think things are going to turn out for the best in your behalf. You are in paralyzed mode and frozen with fear, like a pack of ice. You keep having these symptoms that feel like a heart attack. Pain in the chest, pressure in the chest, and so on. So you decide to go to the emergency room to get it checked out. However, much to your surprise, they tell you that you are not having a heart attack. You spend a few hours taking all of these tests only for them to tell you that it's not what you thought it was. So, now you are stumped. You are really stumped when they tell you that you are most likely having an anxiety attack. What?? Yes, they did not stutter. You are having an anxiety attack. Anxiety is a state of mind. You allow your mind to think these thoughts and then you start freaking out for something that you think is happening in your mind, but really isn't. However, you don't care if that's what it is. You are still

scared, fearful and you can hardly get your bearings together. There is a Solution to Manage Your Attacks... Our Anxiety & Panic Attacks guide, has tips and additional information on what you should do when you are experiencing an anxiety or panic attack. Tags: plr

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