



The Complete Anxiety and Panic Attack Cure (Paperback)

By Joel Blanchard

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Written by a nutritionist who cured himself of his own panic attacks, this book contains cutting edge information not found elsewhere. The author describes how he cured himself of both agoraphobia and the fear of driving on the freeway, by using some specific mental exercises. After accidentally stumbling upon a nutritional factor that immediately helped him take control of his state of mind, he then proceeded to identify several other nutritional deficiencies that nearly all panic attack sufferers have in common. The author explains how some of these deficiencies predisposition people to experience panic attacks and racing thoughts. A detailed description of all of these unhealthy deficiencies is provided, along with specific information on how to supply one s body and mind with these critical nutrients. The author takes a holistic, three-pronged approach to treating and preventing anxiety and panic attacks, with the second approach focusing on your thoughts and the third approach addressing emotional, energy and spiritual issues. A Daily Plan is included that suggests specific actions the reader can perform. Most other panic attack cures focus on...



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