

**PANIC**  
**Goodbye™**

*presents*

**STOP PANIC  
ATTACKS AND DEAL  
WITH YOUR  
ANXIOUS THOUGHTS**



**The *Positive-Thought-Redirection™* Method**



By Bertil Hjert Author

Dear friends,

thank you for downloading this report. I really hope you will enjoy it.

The good news is you can help yourself, you can manage and prevent your panic attacks. The key to preventing panic attacks is understanding the source of your anxiety and then managing your lifestyle and thought process to prevent panic attacks and anxiety.

Positive-Thought-Redirection™ is a powerful tool that will be introduced in this report and further explained in my course including 6 e-books; "Say Goodbye to Panic and Anxiety Attacks" as described below on this page.

Please visit my site to get more information about this brand new course! [www.PanicGoodbye.com](http://www.PanicGoodbye.com)

**Disclaimer**

The author has provided this book for informational purposes only. Licensed health care professionals must assess the diagnosis and treatment of any symptoms or related health conditions.

# “Stop Panic Attacks And Deal With Your Anxious Thoughts”

## ➡ Susan’s Panic Attack

Susan was relaxing like she did every Saturday morning at the nail salon. She had her feet in the tub, the massage chair activated and was getting a great pedicure. She was talking to the other ladies in the salon about the weather for the upcoming weekend, and the upcoming holidays.

Suddenly, her skin started to itch, it was on fire. She adjusted her feet, maybe the water was too hot. Sweat beads appeared on her forehead, she felt her back and underarms grow moist with sweat. “Helen, I have to take me feet out of the water, I’m hot” she said. Helen lifted her feet out and dried them off and proceeded to apply lotion to her feet.

Susan sat there paralyzed, her heart was racing so fast, the beating was so hard she felt like her chest was going to explode. She couldn’t breathe. Oh My God! She thought, I’m having a heart attack. The walls were closing in on her, everyone was looking at her, people must think she’s crazy. She had to get out, get out, GET OUT NOW!

Susan leapt from the pedicure chair and ran to the door. She burst out of the salon and into the parking lot in her bare wet feet. She breathes, she breathes, she can breathe again! Suddenly, she realized she was in the parking lot in her bare feet, Helen standing in the doorway, her friends in the salon, staring out the window. How could she go back in there? What would she say? This was mortifying!

Does any of this sound familiar? Panic attacks come quickly, often without warning and in places you would never imagine having them. What could be more relaxing than a pedicure? While this may seem like your first thought, understanding what triggers panic attacks is the first step in preventing panic attacks.

Many people, Susan included, might think it's the confined space of the chair or the foot tub that set Susan off. Indeed, being in a confined space is a very common trigger for a panic attack. What actually set Susan off was talking about the holidays. Thinking about all the gifts she had to buy, meals she had to prepare, cards she had to send and other preparations she had to do set her into panic mode.

Like most people, Susan found the actual attack a painful and horrifying experience. Like most panic attack sufferers, she thought she was dying, having a heart attack or some other serious medical emergency. Her only impulse was to run, run away from the sensations, the experience, the fear. Her fight or flight response was triggered. Luckily, Susan was able to recover relatively quickly.

Indeed, most panic attacks come quickly and leave quickly. That's what's so frightening about them. They come on strong, often out of nowhere and severely interrupt a person's life. Susan's panic attack from start to finish was less than five minutes. Most panic attacks last only a couple of minutes but leave lingering fears and anxiety well after that.

Once Susan was able to breathe again, the realization that she had acted in an embarrassing manner hit hard. The mortification that panic attack sufferers experience after an episode often leaves long lasting effects. Explaining yourself and reassuring others is only the first part of the process. You then become obsessed with avoiding the situation that you connect to the panic attack.

Susan didn't go to that nail salon or any other nail salon again for years. She lost touch with the ladies in the nail salon; she avoided those same ladies if she saw them around town, at the mall, or in the supermarket. Ducking behind the donut display to avoid seeing someone you had known for years may seem extreme but for panic attack sufferers it's not.

Susan also stopped going to the hair salon because she thought sitting in a chair in one of these places caused her panic attack and she didn't want to look or act like a fool in the hair salon. She justified this by telling everyone she was growing her hair out. She told

herself she was being economical and it was a good move for her family. She arranged it so her daughter always seemed to need a haircut when she was staying with her grandparents. Susan justified this by telling herself she was just too busy to worry about her daughter's haircuts and her parents could easily take care of it.

Susan had to work the night her daughter was the star in the school play. She was aiming for that big promotion and this would help her family more than attending her daughter's play. Besides her husband was videotaping it and she could watch it with her daughter later. Did Susan have to miss her daughter's play? Of course not. If work really was an issue, she could have gone back after the play was over. Work was just the excuse to prevent being in a confined space, a confined chair, and surrounded by people.

Susan's condition worsened as the weeks and months passed after this first panic attack at the nail salon. Her life was unrecognizable and her priorities were completely out of whack.

Why did all of this happen? She was terrified of having another panic attack. Unchecked and untreated, anxiety can become crippling, ultimately leading to Generalized Anxiety Disorder or GAD or phobias, such as agoraphobia, a common companion condition to panic attacks.

The good news is you can help yourself, you can manage and prevent your panic attacks. The key to preventing panic attacks is understanding the source of your anxiety and then managing your lifestyle and thought process to prevent panic attacks and anxiety. Positive-Thought-Redirection™ is a powerful tool that will be introduced in this report and further explained in my course including 6 e-books; "Say Goodbye to Panic and Anxiety Attacks!" in [www.PanicGoodbye.com](http://www.PanicGoodbye.com)  
This eCourse is described at the end of this report.

➡ Let's Begin

Everyone gets anxious from time to time. Children may worry before their spelling test, college students before their midterms and finals and adults, well adults, worry about a broad spectrum of things. Your job, your family, your health, the world, these can all be a source of anxious thoughts from time to time.

We wouldn't be human if we didn't worry, obsess or get anxious or upset about things. Anxiety is a part of life and for many of us, it is manageable and comes and goes according to the ups and downs of our lives. For some people however, anxiety takes a fierce hold of their lives and won't let go.

Why does anxiety hit some people and not others? What kind of anxiety are you grappling with? Most importantly, how can you manage the anxiety that is threatening your life? Anxious people are plagued with questions and this paper, hopes to help you come to a better understanding of the type of anxiety you have, the reason you have it and most beneficial to you, how you can cope with it so it doesn't become the most powerful force in your life.



So many people struggle with anxiety because the world has become such an intimidating and difficult place to live in. The pressure to succeed, perform and create has never been higher.

Parents expect more of their children, bosses expect more of their employees and we all expect more of each other and our world. While this pressure is acute, it is not the only reason people have become so anxious. While these stressors are palpable even our early ancestors had stress of their own. Their stress was dealing with wild animals, finding enough food for their families and putting shelter over their heads.

Anxiety has become more prevalent in part because it is better recognized and more frequently diagnosed. Most people in developed countries have enough money and enough motivation to find solutions to their problems. If your primary concern is getting enough food each day, treating anxiety, worry or depression is an unaffordable luxury.

For people living in the United States and other parts of the world, there is more research being done on specific phobias, panic attacks and generalized anxiety. This research has led to the creation and development of drug therapies for these problems. While drugs can seem like any easy answer to big problems, they often will not take you the full distance to a solution or satisfactory resolution.

In fact, most research suggests that drugs in combination with other non-drug treatments or non-drug treatments alone work better than simply sticking with prescription drugs. You can pay for the expensive prescriptions if you want or you can try to find some more natural ways to help soothe your mind create a calming effect throughout your body and stop anxious thoughts dead in their tracks.

The techniques and advice outlined below is not simply for the anxiety prone person or the panic attack sufferer, it is useful information for anyone who wants to achieve a greater level of serenity in their life.



Unfortunately, reading a couple of pages won't cure your anxiety. Anyone who suffers from true anxiety and panic knows the problem isn't going to go away overnight. In fact, anxiety will always be present in your life unless you decide to live in a bubble and even then there is stuff to be anxious about.

Anxiety helps us even while taking a toll. Anxiety often makes you work harder, prepare more and perform better. It is our body's way of telling us to get into gear or protecting us in cases of emergency. Walking down a dark alley is sure to be anxiety provoking, your body becomes highly attuned to danger and prepares to fight or flee in the event of an emergency.

Worried over you final exam in Western European History, well, you'll probably devote more time to studying and learning rather than sitting on the couch watching TV. Are you worried about that promotion at work or the big presentation next week? Bet you'll prepare better and work harder because your body and mind knows it's important.

Sometimes bad things happen, you lose your job, your spouse leaves you, or a loved one dies. There are plenty of reasons and situations throughout your life where you will feel bad. Depression, anxiety, fear, panic, these can all occur. *The important thing is not to let them takeover or dominate your life.* If something bad happens, experience it, feel bad about it, stress over it but then move on. Don't let the event destroy the other parts of your life. If your spouse leaves you, don't allow that to alienate you from your children, the rest of your family or have it affect your job performance to the point where you are fired.

It's okay to feel upset, anxious, stressed and depressed but those feelings shouldn't linger indefinitely, they should resolve over time. When bad things happen, many people allow the stress to compound as their lives go down the tubes. Many people develop panic disorder, generalized anxiety, phobias and depression as a result of this. *You have to turn your thoughts to the aspects of your life which are not in disarray and focus on them.*



Anxiety can be a good thing, until it becomes a constant companion. Then it becomes the enemy that needs to be beaten back so you can struggle to live your life. People struggling with anxiety often develop moderate to severe health problems. They can have trouble breathing, skin rashes, heart palpitations, high blood pressure and a host of other problems.

*Anxiety can contribute to triggering panic attacks which many compare to the sensations experienced during heart attacks. Anxiety and panic attacks often lead to depression because of the negative impact they have on your life. The Depression often fuels further anxiety, panic attacks and physical symptoms. These in turn fuel the emotional turmoil that creates a vicious circle of anxiety, worry and depression. These feelings become so pervasive that they take over your life.*



The key to dealing with anxiety is to nip it in the bud. By attacking it before it becomes a real problem, you are not necessarily curing yourself of anxiety, panic or panic attacks but you are preventing it from becoming an unmanageable problem.

Many people will try to tell you that they can cure your panic attacks, your anxiety, your depression or any other unpleasant feeling you may have. *The truth is these feelings are not curable; they are natural feelings that are part of our lives.* They tend to crop up when the situation warrants. Your brother dies, you get depressed, you lose your job and you get anxious.

This is the way things work. How they don't work is that you get a panic attack when you're in the produce section because you're unsure about what to make for dinner or you have anxious feelings when sitting at home with your family or getting your nails done at the salon. These are unusual and unnatural times for anxiety to crop up and for panic attacks to strike.

Controlling these types of reactions is the focus of the following pages and of the e-book course *Say Goodbye to Panic and Anxiety Attacks!*, [www.PanicGoodbye.com](http://www.PanicGoodbye.com) . The e-book course and accompanying articles and reports will provide an examination of different types of anxiety disorders and how to treat them without medication or in conjunction with medically prescribed drugs. Understanding the emotional and physical upheaval that your mind and body go through when faced with anxious or panic inducing situations is an important part of addressing the problem.

A panic attack is a terrifying and horrible experience. Panic attacks take both a physical and mental toll on your life. As your chest starts to tighten, your breathing becomes more labored and your heart starts to palpitate, you wonder what's happening. Your stomach tightens, your muscles ache, you start to get dizzy and light headed. The disorientation and physical sensations coursing through your body are alarming.

Are you dying? Are you having a heart attack? Is this the end? These thoughts race through your mind as you struggle to gain control. Imagine if this happened to you frequently or even several times a day. How could you live a normal life? The answer is you can't. What's worse is the anticipatory fear of having a panic attack can be even more paralyzing.

Panic attacks are so scary that you can spend the rest of the time when you aren't having a panic attack, worrying about when you're going to have one. The fear prevents you from driving because what if this happened in the car? The fear prevents you from going to dinner with friends because it could happen while you're out. The fear prevents you from taking your children to the park because what would happen if you had a panic attack while out with your kids.

Soon the worry so interferes with your life that your life is unrecognizable. You are afraid all the time, unable to do things, distracted when interacting with others and unable to concentrate.

Extreme or sustained anxiety leads to potentially damaging physical effects on our bodies. During times of anxious thoughts our bodies takeover and begin travelling through three phases of stress. First, the body goes into fight or flight mode. This is the initial and immediate response to perceived threats. If we're anxious our bodies assume danger is near. You experience a surge of energy and adrenaline which gives you the strength to fight off danger or run for safety.

For most people, once the initial anxiety is passed, our bodies return to normal and we are able to rest and recover. *However, if your mind continues to experience anxiety, your body enters the second phase of stressed response where the body continues hormone secretion to assist with a sustained response to a threat.* This is called the resistance phase and the body works for a prolonged response to danger. Once the body completes the first two phases, the body enters the exhaustion phase and the depleted resources are replenished, restoring your body to its prior condition.









*For people with anxiety problems, panic attacks and other phobias their minds are in such a state of unrest that the body experiences the first two phases too frequently for too prolonged a time.* In some cases the mind and body are simply stuck in panic mode, cycling through the first stages.

This is horribly taxing not only on the mind but the body as well. The very same hormones that assist with fight or flight responses and resistance responses such as adrenaline become very damaging to the body when secreted in large quantities.

If your body experiences prolonged and frequent adrenaline surges it can lead to the weakening of your heart. The hormones cortisol and vasopressin which the body produces during the resistance stage lead to high blood pressure and blood sugar levels.

If your body is constantly surging through the cycles without sufficient time to recover, your sleep will be affected as well. Without a proper sleep cycle with sufficient REM sleep, your body and mind further deteriorate. Victims then become increasingly anxious about the physical toll to their bodies which further fuels the hormonal surges leading to even greater detrimental effects.

People who suffer from anxiety often experience at least some of the following symptoms:

-  exhaustion
-  disturbed sleep
-  headaches
-  bowel problems
-  increased sickness from an affected immune system
-  irritability
-  lack of concentration
-  angry or upset outbursts

The first step for many people experiencing anxiety is to consult their health professional. The physical effects often lead to consulting a doctor. Doctor's are increasingly educated about anxiety disorders and can help diagnose your condition.

While prescription medications, particularly for depression are sometimes prescribed, often doctors suggest alternative remedies to your problems or positive lifestyle changes that can be used instead of or coupled with medication. While the people probably most eager for this information are people with anxiety and uncontrolled panic attacks, the techniques really apply to anyone who wants relief from this worry and stress filled world.

*The best approach to dealing with your anxiety is to reduce your anxious thoughts.* In other words don't worry, be happy. While this is a very simple statement and a simple concept, it can be very difficult to achieve. There are powerful roadblocks in your way and you have to work to avoid them and break them down so you can stay on the happy path. Rather than sitting and endlessly fretting over your problems take proactive action. If you are upset about money, develop a budget, formulate a career change, go back to school, or look for promotion opportunities.

There are things you can do to work towards eliminating and reducing your worries. Moreover, while you're working and making plans, you won't have time to worry. Productivity does a lot to ease the mind. This approach applies to family worries, relationship worries and a lot of the other worries that may consume your daytime thoughts.

**You can control your panic attacks, anxiety and phobias.** The body is naturally able to restore itself to normal after an adrenaline seeking an event. *You just have to learn how to activate your body's own resources.* Going on a scary rollercoaster, bungee jumping, skydiving, these are all high adrenaline producing events. These thrill seekers actually enjoy the adrenaline coursing through their bodies. The difference between them and the average panic attack or anxiety sufferer is that they are able to quickly disassociate from the scary event.

Once the skydive, bungee jump or rollercoaster is over, the fear is over and the body can engage the parasympathetic nervous system to release calming and soothing chemicals to relax the body. Your heart slows down and your lungs breathe deeper. You can activate your own parasympathetic nervous system.

When anxiety becomes overwhelming and interferes with your day to day activities you have probably developed Generalized Anxiety Disorder or GAD. GAD makes you miss appointments, meetings, and other activities because you avoid them until they are missed entirely. For people suffering from GAD, avoidance becomes a way of life. Are you nervous about going to that job interview? Well you delay, procrastinate and avoid until you miss the appointment entirely.

While some people may understand the nervousness in this particular situation, what about your child's school play? You're so nervous about sitting in a crowded room, that you make excuses, procrastinate and avoid until your spouse and child come home wondering where you were. GAD can interfere with every part of your life and affect your personal relationships. When you have GAD, you worry constantly, about everything and anything.

*The first step in dealing with GAD is to relax. Easier said than done, huh? The first step in relaxing is training yourself to breathe. Breathing is an integral part of controlling the sensations that occur during panic or anxiety attacks.* Often, when you're anxious, you hold your breath. You may not even realize you're doing it. By letting go and breathing deeply, it will help to increase the oxygen flow and loosen the tension that is building in your body.

You can practice meditation, yoga or even exercising to help with breathing. Breathing from your diaphragm is important. To learn more about deep breathing techniques and the importance of breathing, consult my e-book available on the PanicGoodbye™ website entitled, *Say Goodbye to Panic and Anxiety*. You will get step by step instructions about how to breathe deeply and practice this before during and after a panic attack or periods of anxiety.



Whether you are a panic attack sufferer, a generalized anxiety sufferer or a phobia sufferer, you can teach your body to relax and calm itself. The first step in relaxing your body and engaging your parasympathetic nervous

system is to breathe deeply. There are exercises you can do and classes you can take that will help you focus on your breathing and relaxing individual muscle groups throughout your body.

Anxiety causes muscle tightness and tension. The simple act of loosening the tightness your body feels as a result of anxiety can go a long way towards eliminating anxious feelings. To learn more about meditative practices consult the e-book, *Say Goodbye to Panic and Anxiety*, available from [www.PanicGoodbye.com](http://www.PanicGoodbye.com)



Start exercising and stick to a healthier diet. Exercising releases natural endorphins that make you feel good. This natural high will give you a reprieve from the anxiety and make your body and mind feel better. Sticking with a healthy diet will help reduce some of the negative physical effects that might be happening to your body as a result of the anxiety.

A lot of anxiety sufferers often have a problem exercising and here's why. If you've experienced the physical symptoms associated with anxiety or have had panic attacks than you are already worried you have a weak heart. People who have chest pains, heart palpitations, trouble breathing and tightness in their chest are convinced that one sprint up the stairs is going to be a recipe for a heart attack and death. This anxiety of course can keep you out of the gym and fearful of any kind of physical exertion. This fear then causes you physical health to deteriorate as you gain weight, lose cardiovascular fitness, muscle mass and endurance.

If you're fearful that one run on the treadmill is going to send you into the hospital, consult a doctor to make sure you can work out and then hit the gym. The faster heartbeat is normal, the heavier breathing is normal. Start slow at the gym, maybe peddle on the bike and work your way up to more strenuous exercise. Your body and mind will realize that you are fine.

Another way to help anxiety and panic sufferers make it to the gym is to go with your safe person. A safe person is someone you feel secure with. This person can be your spouse,

your brother, or your best friend. What's important is that you trust your safe person, you trust that they aren't going to leave you alone in the middle of the gym to have a panic attack by yourself.

They will help you in the case of panic or extreme anxiety. They are there to help you, comfort you and save you from the embarrassment of seeking help elsewhere. Often, just having a safety person along, that you can trust will do a lot to soothe your nerves and prevent a panic attack because you don't have to be as anxious about having a panic attack.

After awhile, if you don't have panic attacks or horrible anxiety, your safe person can ease out of the routine of going. This approach can be applied to anything you find nerve wracking. Easing into anxiety causing routines or situations is a great way to manage anxious thoughts. As an anxiety sufferer everything you do should be done gradually so that it doesn't stress the mind and take an unexpected toll. The mind needs to adjust and you need to give it the time it needs.

For chronic panic attack and anxiety sufferers the need for help is acute. While there is no way to cure you of the potential to have panic attacks, there are very good ways to reduce them in number and severity. Many people can reduce the frequency of panic attacks so that they are years apart. This kind of relief cannot be underestimated.

One of the crucial components in understanding your panic attacks or the source of your anxiety is to identify the triggers for panic attacks. Do the panic attacks start when you are in confined spaces, open spaces, surrounded by too many people, encountering an authority figure? What is the trigger in the panic attack or the anxiety episode?

Once you identify the triggers you can work to cut down the number of stressors you encounter daily. You will probably not be able to eliminate stressors entirely unless you want to live alone in the woods somewhere. Even that may have stressors of its own. Your goal is not to eliminate the triggers but to reduce them and more importantly understand what they are. Understanding will help with Positive- Thought-Redirection™ .

*What panic sufferers need to remember is that even though it doesn't seem like it, you are in control. You have the power. Panic attack sufferers feel powerless, like victims. You are not a victim; you are not out of control. With practice you can regain control. You can stop panic attacks dead in their tracks, you can reduce and curb your anxiety, and you can train your mind to be more positive.*

*By changing your thinking habits and retraining your brain to approach difficulties in another way you will greatly reduce your anxiety, your panic attacks and your phobias. The power of positive thinking is real; redirecting your anxious thoughts can be life changing for you.*

Don't let anxiety ruin your life any longer, don't let panic interfere with your job and don't let fear disrupt your family and personal relationships. You can create or restore peace to your mind and live a better life without the constant worry, anxiousness and fear that have been hampering your days. Say Goodbye to Panic and Anxiety **is the tool you've been searching for.** This e-book available from my website has the information you've been looking for to explain your anxiety and panic attacks.

**This informative e-book course provides the tools you need to stop anxiety and panic attacks in their tracks.** There are clear, easy to understand approaches to controlling your anxiety. Let the powerful process of redirecting your anxious thoughts help your life become fuller and more meaningful. Don't wait any longer to solve your anxiety problems, **buy a copy today** and let the tools work for you.



The most important tool at your disposal in controlling your panic attacks and dealing with your anxiety is to have patience and a strong will. Many programs offer you quick results and permanent results. Nothing is permanent unless you want to become a robot; feelings are feelings.

Any techniques or strategies you learn have to be practiced and utilized to be effective. Learning the techniques you need **and learning how to use Positive-Thought-Redirection™**

technique is the easy part. You have to practice and actually use a combination of the strategies to make the relief happen. This is true of any panic reduction or prevention program.

Stop letting your panic control your life, start reducing the number and severity of your panic attacks today. Used effectively and consistently, the techniques detailed in my e-book *Say Goodbye to Panic and Anxiety* can permanently improve and change your life. Understanding the sources of your panic attacks and anxiety, making key lifestyle changes and learning how to manage the mind with positive thought redirection will get you back on the path to enjoying life again. Don't wait any longer to purchase the e-book that will change your life.

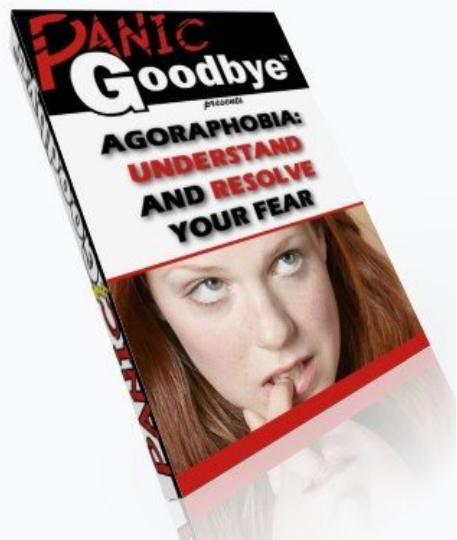
Sincerely



Bertil Hjert [www.PanicGoodbye.com](http://www.PanicGoodbye.com)

#### MY PROGRAM INCLUDES THE FOLLOWING E-BOOKS:

	<p><b>SAY GOODBYE TO PANIC AND ANXIETY ATTACKS!</b></p> <ul style="list-style-type: none"><li>✓ <b>Overview of Anxiety Disorders</b></li><li>✓ <b>Case Studies in Anxiety</b></li><li>✓ <b>What Causes Anxiety Disorders?</b></li><li>✓ <b>Stress....It's Not Helping!</b></li><li>✓ <b>What Can I Do About My Panic Attacks?</b></li><li>✓ <b>Get Some Exercise, It'll Help!</b></li><li>✓ <b>Don't Let Anxiety Conquer Your Mind</b></li><li>✓ <b>Mind Over Body</b></li><li>✓ <b>Coping Strategies -resolve panic and anxiety</b></li><li>✓ <b>Positive-Thought-Redirection™</b></li><li>✓ <b>Positive-Thought-Redirection™ - in Action</b></li></ul>
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## **AGORAPHOBIA: UNDERSTAND AND RESOLVE YOUR FEAR!**

- ✓ **A Case of Agoraphobia...**
- ✓ **What is Agoraphobia?**
- ✓ **What Are Some of the Symptoms and Effects of Agoraphobia?**
- ✓ **Why Do I Have Agoraphobia?**
- ✓ **How Can I Overcome My Agoraphobia?**
- ✓ **Exercise, Sleep & Diet...**
- ✓ **Breathing, Meditation & Relaxation Techniques**
- ✓ **Guided Imagery Technique ...**
- ✓ **Positive-Thought-Redirection™ Technique**



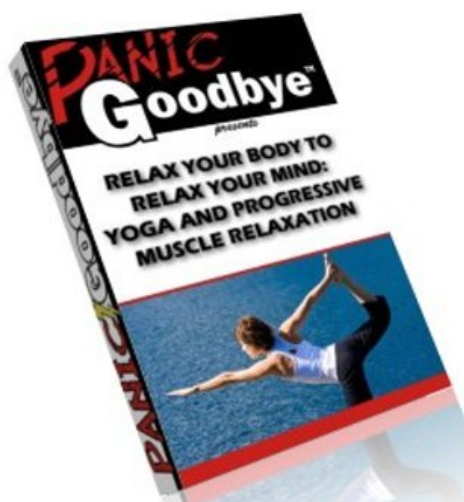
## **OCD: CONFRONT YOUR FEARS, COMPULSIONS AND PRACTICE POSITIVE THINKING!**

- ✓ **A Case of Obsessive-Compulsive Disorder**
- ✓ **Defining OCD**
- ✓ **Symptoms of OCD**
- ✓ **Causes of OCD**
- ✓ **Treating OCD**
- ✓ **Positive-Thought-Redirection™ by OCD**
- ✓ **Breathing, Meditation & Relaxation Techniques by OCD**



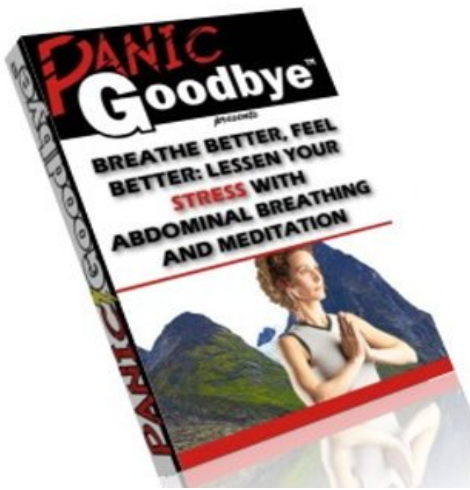
## **SOCIAL PHOBIA: END STRUGGLES WITH FEAR AND PARTICIPATE IN YOUR LIFE AGAIN!**

- ✓ **A Case of Social Phobia...**
- ✓ **An Introduction to Social Phobia...**
- ✓ **Defining Social Phobia...**
- ✓ **Specific Symptoms of Social Phobia...**
- ✓ **Causes or Origins of Social Phobia**
- ✓ **Treatment Options for Social Phobia...**
- ✓ **Discover a New Found Confidence...**



## **RELAX YOUR BODY TO RELAX YOUR MIND: YOGA AND PROGRESSIVE MUSCLE RELAXATION**

- ✓ **Yoga is for everyone**
- ✓ **The Benefits of Yoga**
- ✓ **How to Prepare for Your Yoga Class**
- ✓ **Basic Yoga Poses**
- ✓ **Progressive Muscle Relaxation (PMR)**
- ✓ **PMR Preparation**
- ✓ **PMR Practice**
- ✓ **PMR Process**



## **BREATHE BETTER, FEEL BETTER: LESSEN YOUR STRESS WITH ABDOMINAL BREATHING AND MEDITATION!**

- ✓ **The Importance of Breathing**
- ✓ **Achieving Relaxation through Breathing**
- ✓ **What is the Relaxation Response?**
- ✓ **Abdominal Breathing Exercise**
- ✓ **Check Your Breathing**
- ✓ **What Abdominal Breathing looks and feels like**
- ✓ **More Abdominal Breathing Exercises**
- ✓ **Be Aware of Your Breath**
- ✓ **Meditation Guidelines**
- ✓ **Meditation Stages**
- ✓ **Breathing Meditation**
- ✓ **Building on Breathing Meditation**
- ✓ **Mantra Meditation and Meditation Postures**
- ✓ **Benefits of Meditation**