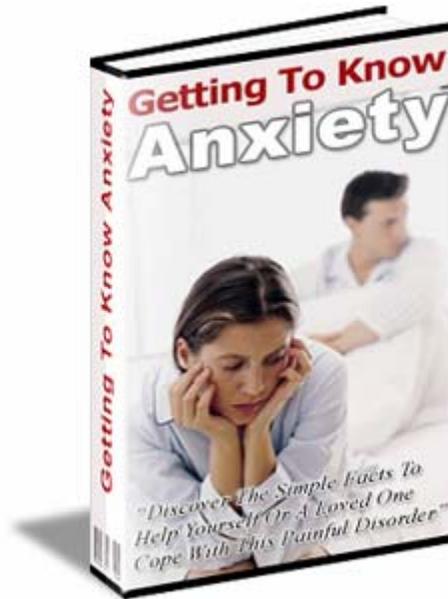


Getting To Know Anxiety



A Self-Help Guide Brought To You By:

<http://stopanxietyattackstoday.com>

Legal Disclaimer Information

The information provided to you within this ebook is done so for educational purposes only. It is not meant to replace the expert opinion or advice from your professional health care provider. Before attempting any type of mental health therapy, it is highly recommended you speak with your professional health care provider and follow their instructions.

Neither the author nor any authorized redistributors of this material will be held liable for any actions of those persons reading the information provided herein. It is the sole responsibility of the reader to take responsibility of any and all actions they engage in. Furthermore, the author nor any authorized distributor will be held liable for any and all damages that may arise from the downloading, opening, use, or any other related actions of this ebook file. Your performing any of the aforementioned actions indicates that you have agreed to the terms set forth within this section.

This is a free ebook. And it must be distributed as such. No monetary price must be charged for a copy of it. You may give away a copy of this ebook to your customers, subscribers or website visitors, providing none of the contents are changed in any way.

You are not permitted to use any portion of this ebook, recompile, deconstruct, take apart, or otherwise change any of the content contained herein without prior written and granted permission from the author.

Foreword

Do you often feel like this?

- Alone.
- Confused.
- Scared.

That's how I used to feel too.

I could have all the people around me in the world, and still I would feel all by myself.

I felt like the only person on the planet that was having such difficult problems that were starting to affect my ability to LIVE LIFE.

At first, I thought either I was going mad, or that I must have an isolated case of some weird disease. Of course, I could NEVER reveal how I felt to another living soul. I was afraid I'd end up LOCKED UP in a mental health facility!

I simply had NO CLUE what was happening to me, or that other people were also suffering just as I was. These panic attacks would just spring up from out of nowhere.

While I was working, driving, eating, or doing any number of everyday tasks.

WHY was this happening to me?

WHAT was happening to me?

And, would it EVER STOP??

I couldn't tell anyone else about my problem, because I didn't KNOW what it was.

Until I discovered what it was that made me feel this way.

Today, I'm a VERY different person.

I KNOW what it is I am battling with on a daily basis.

I KNOW I'm not the only one who struggles with it.

I KNOW that this will be a condition I will most likely have for the REST OF MY LIFE.

And I'm OKAY with that.

Because I know now that I suffer from anxiety disorder.

I hope that by sharing the information I have found this will help you in some way to get control back of your life and overcome your anxiety and panic disorder.

Introduction

Your heart starts to pound. . .You begin to feel dizzy or faint. . .You experience shortness of breath. . .You feel tingling or numbness in your hands and feet. . .You start to feel pressure in your chest. . .You think you may be dying or at the least having a heart attack. . .You think you may be going crazy. . .But you're NOT!

These are the classic symptoms of a panic attack. Millions of people in countries all over the world, have them every single day. You may be one of them. Or you may know someone that is battling with this affliction.

Either way, you need to know how to help yourself, or someone you care about deal with anxiety. And the best way to do this is through understanding what anxiety is and offering them, or getting, the support they desperately need.

My hope is that as a long time sufferer of anxiety and depression, you can help yourself.

Or make a loved one feel as if they are not alone in this by reading through this guide.

Other people out there are suffering just as you may be right now.

You CAN get help and overcome this affliction.

You CAN learn to LIVE WITH IT and STOP letting IT control YOU.

Who Suffers From Anxiety?

People who you would never suspect in a million years!

In fact, anxiety is such a widespread disorder that virtually **ANYONE** can suffer from it. Your uncle Buddy, your Grandma Jean, your sister Annie, your neighbor Joe, your best friend Patti, or your brother George.

But, because anxiety is one of those 'sweep it under the carpet', “embarrassment-type-I-think-I-might-be-going-crazy” disorders, people don't like to talk about it. Or admit they are long time sufferers.

Especially if you are someone always in the public eye, such as Kim Basinger.

Kim had a long, difficult struggle with anxiety disorder, and kept it a secret for quite a good portion of her life. You would never guess it to see her up on the 'silver screen' though would you?

But in fact she has spoken out publicly about her battle with anxiety in the hope that this may raise awareness of this dreaded disorder. And it has. She is one brave soul to expose a huge portion of her private life like this. Kudos to you Kim!

Let us not forget also that anxiety is thought to be an inherited disorder, although your mother or father may not show the outward symptoms of it. Remember, this is an embarrassment disorder, or one that makes the sufferer believe they are, or are going, crazy. However, not every person who has experienced an anxiety attack will develop a full blown disorder, but don't discount the fact that potentially they **COULD**.

Here's an interesting statistical fact for you.

According to NIMH(National Institute of Mental Health) approximately 2.4 MILLION adult Americans suffer from some form of anxiety or Panic Disorder. That's about 40 Million!

And, it is twice as common in women as it is in men.

Hmmm. . .Maybe this could be a contributing factor in why women worry so much

about things? ;-)

Coincidentally, the major reason for people not knowing what is happening to them, or that they are suffering from anxiety or Panic Disorder COULD be attributed to the fact that many cases reported began in adolescence. Therefore, a child may not be as articulate in describing what they are experiencing compared to an adult.

The key here is to **LISTEN TO YOUR CHILDREN!!**

You would NOT want them to endure a childhood full of suffering and not even know the reason for it.

Another interesting fact to be aware of is that anxiety attacks don't only happen when a person is awake! They can, and often do, happen while sleeping. How scary do you think that may be to wake up to?

Indescribable would be putting it MILDLY.

What Is Anxiety?

Imagine standing in front of a high-speed locomotive and you are frozen solid to the spot. Unable to move, knowing what is about to happen, and can do NOTHING to help yourself escape.

Now imagine being plunged into this scenario several times A DAY.

This is what it feels like for an anxiety disorder sufferer. Or as close as it can be described. The only difference is there is no speeding train heading towards you. It is unseen. And comes from out of nowhere.

Without warning.

Crippling you in utter fear.

Sounds extreme?

It ***IS***.

A good description of anxiety is a disorder in which the individual afflicted feels an intense, irrational fear and an impending sense of doom or dread.

What this means in 'layman's terms' is, if you suffer from anxiety disorder, or any form of it, you can be overcome with paralyzing fear for no obvious reason. You may also feel as if there is no possible way out of it.

And you can experience this sudden fear at any time within the course of a day.

Someone suffering from anxiety disorder may also have other common disorders that go hand-in-hand with it such as depression, obsessive-compulsive disorder, agoraphobia, or any other number of phobias that make it all the more important to seek treatment.

What Causes Anxiety?

Short and sweet?

Everything and NOTHING! Reread the definition of it above. Now the picture should become a bit clearer.

In most documented cases of anxiety attacks, the patient rarely reports any event that would have triggered the onset of the attack itself.

Now, with that said, let me also explain that when an anxiety sufferer goes back to a situation or setting where a previous attack happened, this could trigger another attack.

They'll be reminded of how terrifying that first attack was, and subconsciously be thinking about it triggering yet another attack!

It's a vicious cycle of fear.

And the greatest fear of an anxiety attack/disorder sufferer?

To have ANOTHER PANIC ATTACK!

I hope that this is beginning to make a little more sense to you now. Of course the attack hasn't killed them, and most likely won't, but it can sure feel like you're dying at the moment when an attack is occurring though.

So, the greatest cause of having an anxiety attack is also your greatest treasure, your MIND. Even though you can tell someone having an anxiety attack that "It's All In Your Mind", this usually makes them feel you are being patronizing.

Not a nice feeling I'm sure you'll agree.

Even though you don't mean it in that way, this is most likely the way it is received.

To be more 'clinical' about anxiety, it is, in fact, 'all in your mind'. Because the brain is where all your anxiety stems from. Many studies have focused mainly on two specific portions of the brain that are responsible for inducing feelings of fear and anxiety. It is

simply a trigger that sets off one's "fight or flight" defense mechanism, kicks in the adrenaline, and BAM!

A full blown anxiety attack is on it's way.

Often, anxiety is the result of increased stress in your daily life.

Bills piling up, children seemingly out of control, pressure from work, family, and other events can trigger this disorder bringing it to the surface of an otherwise "dormant" carrier of the genetic traits passed on by their parents.

What Are The Different Types Of Anxiety?

Anxiety/Panic Disorder

This is the form of the disorder that brings on sudden attacks that paralyze you with fear for no apparent reason.

Of course there are underlying factors that cause these attacks, however, the sufferer rarely knows what those are, unless they seek professional help from a family physician or a clinical specialist who is trained to deal with this type of disorder.

Most common symptoms of the attacks would be:

- Dizziness
- Feeling faint
- Increased breathing
- Pounding heart.
- Tingling or numbing sensations in the hands and feet
- Fear of impending doom.
- Disconnection with reality
- Lack or loss of control.

People that suffer from this disorder may honestly feel as if they are dying, having a heart attack, or losing their minds. These attacks can occur at any time, and even while

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

