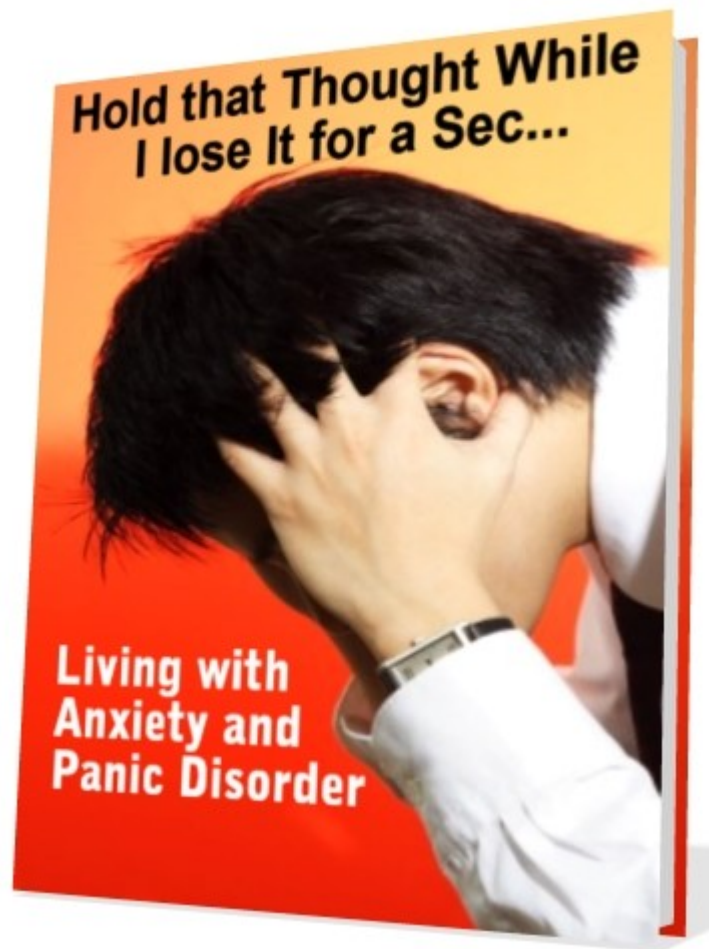


Hold that Thought While I Lose It for a Sec...

Living with Anxiety and Panic Disorder



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A SHORT FORWARD

Alone. Confused. Scared.

That's how I use to feel. Until I discovered what it was that made me feel this way. I could have all the people around me in the world and still I would feel all by myself - the only one on the planet that was having such difficult problems that were beginning to manifest themselves outward and affecting my ability to live life.

At first I thought, either I was completely insane, or that I must have an isolated case of some weird disease, that, of course, I could NEVER reveal to another living soul. Otherwise I'd end up locked up in a mental health facility.

I had no clue what was happening to me or that other people were also suffering just as I was. These unprovoked 'attacks' would just spur up from out of nowhere, or so I believed at the time, while I was working, driving, eating, or doing any array of everyday tasks.

Why was this happening to me? What was happening to me? And, would it ever stop? I didn't have anyone to speak with about this problem, because I didn't know what it was.

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 that I suffer from anxiety disorder.

Hopefully by sharing the information I have found will help you, in even the tiniest measure, to get control back of your life and live with 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 an anxiety attack. Millions of people throughout the U.S., not to mention across 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 a loved one, not feel as if they are alone in this horrific disorder by reading through this guide. That there are other people out there that are suffering just as you may be right now at this very moment. And that you can get help and overcome this affliction.

You can learn to live with it and stop letting it control you.

CHAPTER 1 - 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 a good portion of her life. In fact, her anxiety disorder was so bad, at one point she did not leave her home for 6 months. You would never guess it though – to see her up on the 'silver screen' – would you? But she in fact has spoken out publicly about her battle with anxiety in the hopes 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 believed to be