

# From Panic to Power

AS SEEN ON THE INTERNATIONALLY TELEVISED  
LIFE WITHOUT LIMITS AND ATTACKING ANXIETY  
NATIONAL BESTSELLER

# FROM PANIC TO POWER



PROVEN TECHNIQUES TO CALM YOUR  
ANXIETIES, CONQUER YOUR FEARS,  
AND PUT YOU IN CONTROL OF YOUR LIFE

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If you are prone to problems with anxiety and worry, you are probably highly intelligent, very creative, detail oriented, and analytical. These traits can make you extremely successful...or they can make you sick. People with anxiety use these attributes to scare themselves by over-thinking and over-reacting. They use their creativity to envision the worst-possible scenarios, most of which never happen. You Can Learn to use the energy of worry to transform your life! Learn to: Relieve Anxiety Stop Panic Attacks Eliminate the Need for Medications Drive and Fly Comfortably Develop Self-Confidence Stop Obsessive Worrying Put an End to Depression Become a Positive Power Thinker Put an End to Your Worry and Fear and Live Life to the Fullest!

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心理学

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