



When Panic Attacks: Tips to what causes panic attacks and how to deal with anxiety and panic attacks in the 21st Century!

Brian Jeff

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When we talk of a disorder, we do so when we refer to the fact that there is some sort of anomaly! I mean something is not in their order, and so we have what we can call a disorder.

Okay, here I want to focus on the two main disorders which look like the same but are really different ...Anxiety and Panic Disorder.

By the way, *Anxiety disorders* according to the online dictionary, Wikipedia, are a category of mental disorders characterized by feelings of anxiety and fear, where anxiety is a worry about future events... events that may never happen!

Yes, because researchers have said over time that about 85% of what we worry about will not happen.

Well, a contemporary way of looking at fear on the other hand is defined with an acronym F.E.A.R, which stands for **F**alse **E**vidence **A**ppearing as **R**eal! However, in any case, fear is just a reaction to current events... what is currently happening, if you like, and these feelings may cause physical symptoms, such as a racing heart and shakiness.

Without doubt, there are a number of anxiety disorders: including generalized anxiety disorder (GAD), a specific phobia, social anxiety disorder, separation anxiety disorder, agoraphobia, and panic disorder among others. Now, while each has its own physical appearance and symptoms, they all include symptoms of anxiety.

Take the advantage of being on this page to get a copy NOW ...and you will be ready When Panic Attacks! You will be exposed to all the Tips to what causes panic attacks and how to deal with anxiety and panic attacks in the 21st Century!

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