



Panic Away: How to Stop Panic Attacks and End General Anxiety (multi-item set)

Barry Mc Donagh

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The Panic Away Program teaches how to end panic attacks and reduce feelings of general anxiety. The program is used in over 32 countries worldwide and is proving to be one of the most successful non-pharmaceutical approaches to ending an anxiety disorder. Using the 21-7 Technique, Barry McDonagh teaches how to stop a panic attack in 21 seconds and reduce feelings of general anxiety in less than 7 minutes. The programs global success is a result of communicating psychological techniques in an easy to follow, step by step manner. You will quickly learn how to: Stop Panic Attacks, End Feelings of General Anxiety , Eliminate Anxious Thoughts, Feel More Confident and In Control.

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