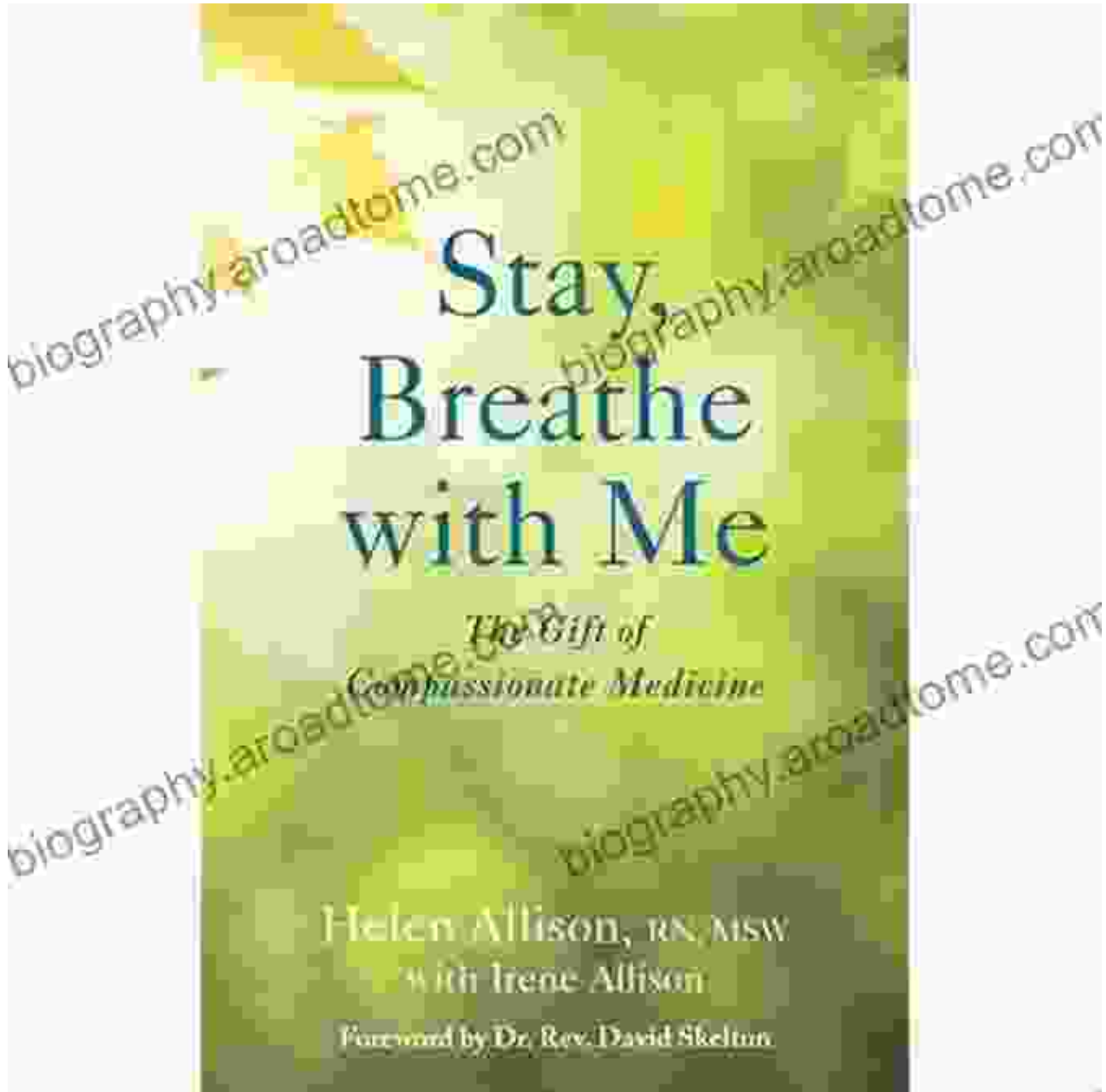


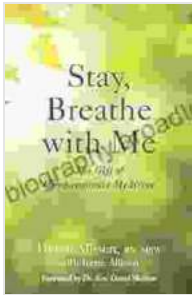
Stay Breathe With Me: An Essential Guide to Overcoming Anxiety and Panic Attacks



What is anxiety?

Anxiety is a normal reaction to stress. It can help us to stay safe and avoid danger. But for some people, anxiety can become a problem. It can

interfere with their daily lives and make it difficult to function. Anxiety can cause a variety of symptoms, including:



Stay, Breathe with Me: The Gift of Compassionate

Medicine by Helen Allison

★★★★★ 5 out of 5

Language : English
File size : 688 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 289 pages



- Feeling restless or on edge
- Having a sense of impending doom
- Feeling like you can't control your thoughts or feelings
- Having difficulty concentrating
- Feeling irritable or fatigued
- Having muscle tension or headaches
- Having difficulty sleeping
- Avoiding situations that make you anxious

What are panic attacks?

Panic attacks are sudden, intense surges of anxiety that can be extremely frightening. They can come on for no apparent reason, or they may be

triggered by a specific situation or event. Symptoms of a panic attack can include:

- Feeling like you're going to die
- Feeling like you're losing control
- Having a racing heart
- Sweating
- Shaking
- Feeling short of breath
- Feeling dizzy or lightheaded
- Feeling nauseous
- Having numbness or tingling in your hands or feet

How can Stay Breathe With Me help me?

Stay Breathe With Me is a comprehensive guide to overcoming anxiety and panic attacks. It provides you with the tools and techniques you need to manage your anxiety and live a full and happy life. This book will teach you how to:

- Identify your triggers
- Develop coping mechanisms
- Challenge your negative thoughts
- Relax your body and mind
- Build your self-confidence

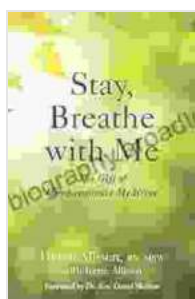
- Get the support you need

Who is Stay Breathe With Me for?

Stay Breathe With Me is for anyone who struggles with anxiety and panic attacks. It is also a valuable resource for family and friends of people with anxiety disorders. If you are ready to take control of your anxiety and live a full and happy life, then this book is for you.

Free Download your copy of Stay Breathe With Me today

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