

DARE: THE NEW WAY TO END ANXIETY AND STOP PANIC ATTACKS BY BARRY MCDONAGH



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AND STOP PANIC ATTACKS

BARRY MCDONAGH
BEST-SELLING AUTHOR OF PANIC AWAY

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'EVERY ONCE IN A WHILE A BOOK COMES ALONG THAT COMPLETELY TRANSFORM THAT FIELD -THIS IS THAT BOOK FOR ANXIETY'

There's a new and faster way for anxiety relief, but few have ever heard it. Most people are advised to either just "manage" their anxiety or medicate it away.

If you're tired of just managing your anxiety and want a powerful natural solution, then apply the 'Dare' technique as explained in Barry McDonagh's latest book.

Based on hard science and over 10 years helping people who suffer from anxiety, Barry McDonagh shares his most effective technique in this new book. The DARE technique can be used by everyone, regardless of age or background, to live a life free from anxiety or panic attacks.

In this step-by-step guide you will discover how to:

- Stop panic attacks and end feelings of general anxiety.
- Face any anxious situation you've been avoiding (driving/flying/shopping etc.).
- Put an end to anxious or intrusive thoughts.
- Use the CORRECT natural supplements to relieve anxiety.
- Boost your confidence and feel like your old self again.
- Fall asleep faster and with less anxiety each night.
- Live a more bold and adventurous life again.

IMPORTANT: THIS IS MUCH MORE THAN JUST A BOOK

It also comes with a free App for your smartphone as well as four audios for quick anxiety relief. With these new tools you can apply the DARE Response in any situation that makes you anxious (e.g. driving/shopping/traveling). Help is now just a click away. You can learn more at:

<http://www.DareResponse.com>

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121 of 124 people found the following review helpful.

Get to the other side by going right through it....

By Pat Bryant

In the summer of 2014, out of the clear blue sky, I had my first panic attack on an a flight from Atlanta to Chattanooga, TN. Fortunately, I was able to exit the airplane before takeoff, but began to spin rapidly downward into a world of which I had no understanding - in fact, completely bewildered, scared, and depressed. Most people have no idea what's happening when they have a panic attack, and I was no different. After seeing my GP (who diagnosed it immediately), I scheduled 6 sessions with a well-meaning but relatively ineffective counselor who recommended relaxation techniques that were only mildly effective. I was in a season of job change, and this was going to effect it radically, as I was heading back into consulting with consistent travel, meetings, interactions, etc. Panic and anxiety was exploding into agoraphobia, to the point that I couldn't go to the back of my local grocery or club store without feeling the walls closing in on my life. I was in prison.

Only by the grace of God did I stumble upon Barry McDonagh and the Panic Away program. I consumed every ounce of his information, and began to practice his techniques: 1. Say "so what is the worst that can happen?" 2. Fully and completely accept and allow the discomfort (NOT DANGER) or anxious feelings and thoughts 3. Face it down - dare it to do its worst and 4. Engage in another activity - dwell in the moment to reacclimate the brain.

Unlike many other programs, Barry's counter-intuitive approach of addressing our fears and anxiety head on forced me to deal with discomfort in a new way, and to prove to myself that I could push through anxiety and stretch out my boundaries. Anxiety is no longer something from which to "be cured," rather, it's a condition that I'm learning to welcome and live with, converting anxiety into excitement. Barry's approach is warm, intelligent, common sensical, and effective. No matter if you're a newbie like me, or have dealt with this for years, there's life change in this book.

84 of 89 people found the following review helpful.

Thank Heaven for this book!

By Matthew

I am a physician who has battled with anxiety for decades. This is the most helpful book, professional therapy or medication I have ever experienced. It is an amazing book full of wisdom, insight and practical tools that you can use to help free yourself from your anxiety. I have listened to the audio book MANY times in the months since I obtained it on the Indiegogo campaign before the public launch. (The audio book is now available at [...] if you buy the book on Amazon.) It has made a tremendous difference in my life. I understand my anxiety issues better, my anxiety levels have dropped significantly and I know how to deal with them. I am a religious person. This is the first non-scripture book for which I have thanked God in prayer. In all sincerity I recommend this book without reservation for anyone with any anxiety, worry, obsessive-compulsive, or panic disorder. **STUDY** this book! Read it over and over and glean a great perspective, obtain great tools and bless your life with the ability to treat (not manage) your anxiety!

26 of 27 people found the following review helpful.

The One I've Waited 20 Years For

By G. Ammons

As someone who has suffered with severe anxiety, panic attacks and agoraphobia for nearly 20 years, this is

the first review I've ever written for an aid in the disorder. I would encourage sufferers to give it a chance. I have felt hopeless, like nothing would ever work for me. I've tried so many things over the years with no success. This book has given me a completely different outlook and I am making real progress for the first time. Read it. Listen to the audio book, download the free app. This is good stuff.

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