

PANIC ATTACKS



what are they?

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THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

Reading instructions

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

Have fun!

What are panic attacks?

Panic

Panic comes from inaction, or from the wrong action

Attacks

Attacks like these are a signal that your nervous system
needs healing

Are

Are you aware of what's stressing you?

Intense

Intense anxiety is not your fault

Waves

Waves like those can come and go

Of

Of course, for them to go, you must change something

Fear.

Fear is an important trigger; it increases anxiety and
keep people stuck in thinking

Other

Otherwise, the right action will cure everything

Physical

Physical activity helps you look and feel better

Symptoms

Panic attack symptoms may appear suddenly, but they're
not dangerous

May

May-be this is unbearable right now, but it will get better

Appear.

Apear-ing out of nowhere, those attacks try to impact
your life

Heart

Heart full of hope and faith, we will fight back

Speeding

Speeding away from problems won't make the attacks
go away

Or

Or maybe a temporary solution, but the only true cure
lies within you

Feeling

Feeling better is step one, acting better is step two

Dizzy.

Dizzy is how you feel thinking about all the negative things

This

This is all not your fault

Can

Can you imagine that YOU can stop all of this?

Be

Be sure that you and your mind can win the battle

Alarming

Alarming to many, the energy your mind emits affects
your whole life!

But

But wait—no stress. Start slow and start small

Don't

Don't try to fix everything in one day

Worry,

Worry less about things you can't control

Those

Those negative things are not worthy of your time and
energy

Times

Times of Panic Attacks will vanish once you master your
mind

Will

Will power is one thing; wanting to change is another

Pass.

Pass the knowledge you learned from this book to people
you care about

The End.

Stay in touch with me

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

Till soon?

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“When there is no enemy within, the enemy outside can
do us no harm”

Winston Churchill