

# PANIC ATTACKS



what are they?

*Zaid Soufi*

# ZAID TH<sup>?</sup>ANKS

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.

Appear-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?**

# Copyright Notice

All rights reserved.

No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations used in reviews or articles.

## Disclaimer

This eBook is designed to provide information and inspiration only. It is not intended as professional advice (medical, psychological, financial, or otherwise). The author and publisher disclaim any liability arising directly or indirectly from the use or application of the information contained in this book. Readers should consult appropriate professionals for advice tailored to their individual circumstances.

Publisher: Zaidthinks®

First Edition: October 2025

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

Winston Churchill