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There's a new and faster way of 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 of 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 lives 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

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