



## The Panic Free Steps: Panic Attacks: Chemicals in Your Diet

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By L. K. Speirs

Books to Publish, United Kingdom, 2011. Paperback. Book Condition: New. 212 x 136 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Panic Free Steps is a revolutionary book, an author s story with a scientific and evidence-fuelled direction for preventative measures and cures to stop Panic Attacks and related Anxiety, Claustrophobia, Agoraphobia and Compulsive Disorder. This book also contains years of letters from Pilots who had Panic Attacks and Blackouts whilst flying and who are linked in to the Author s own Resolutions of her Attacks. The Author had Panic Attacks and other related conditions for 29 years from the age of 11 years old. After trying every method available known to man to cure her panic and anxiety, she finally saw through the cloud of the medics solutions and alternative therapies at age 40 to prevent her own attacks. The author adds that the medical system looks at Panic, stress and anxiety as a mental health issue, where, in fact, she has completely proved that this is not the case. The Panic Free Steps has received mass media attention due to the personal and amazing story of triumph through adversity and the complete scientific back...



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