



Help With Panic Attacks

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The Health Journeys guided meditation for panic attacks combines several highly effective, research proven approaches to treating panic attacks naturally. Belleruth Naparstek's soothing, trustworthy voice, scored to Steven Mark Kohn's deeply calming, immersive music, guides listeners in brief exercises of conscious breathing, mantra meditation and progressive body scanning, for quick access to a relaxed state. And repeated listening to the 18-minute track of guided imagery for panic attacks, instills a sense of mastery and control to dramatically reduce the frequency and intensity of panic attacks, disruptive anxiety, and even phobias. Positive affirmations use a briefer version of the same healing images and ideas, to play on the go or even while driving. These 5 versatile tracks of panic attack meditation can be used separately or together, in any sequence and in any combination. Research shows that 20 minutes a day of any of this content, 5 days a week, for 6 weeks, will reduce symptoms and provide a natural treatment for panic attacks. Continued use can even help forestall future episodes of panic. For some, this guided meditation for panic attacks has reduced the need for medication; and in some instances, has even replaced it. (Running Time: 66 minutes).

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