

Christine's story

I suffered from panic attacks for many years. They seemed to come on at random. I would be minding my own business, and suddenly, out of the blue, I'd be zapped by a dreadful feeling, an overwhelming feeling of panic. I used to expend so much energy fighting the panic attacks, or just plain trying to get through the day. And yet I knew if I didn't make myself do things, I'd get to the point where fear would rule my life and I'd never leave the house. And I certainly didn't want that. So I used to go places, but with trepidation.

I never stopped looking for answers. I always wanted to know: what was causing these panic attacks? Because I felt if I knew that, I'd be able to do something about them.

Well, finally I got my answers. I came across the Neurocalm Method while browsing Google. I was reassured by the qualifications and experience that David had, and in addition he offered a money back guarantee. I learned that the panic attacks can be triggered by many different things. I was so surprised by some of the reasons. I discovered so many helpful methods to change my life in a way that would finally stop my panic attacks.

For instance I learned how to use my body's natural way of reducing anxiety, and by combining that natural method with a thousand year old therapeutic procedure, I was able to control my panic feelings. I also discovered the faulty thinking that contributed to my panic attacks. For instance, whenever I had to do anything, I'd always anticipate disaster. My first thoughts would be: "What if I get a panic attack? What if this, what if that . . . ?" I had a number of "Aha" experiences reading the book. One of the important lessons I got, was to accept myself as I am. To allow

myself to be imperfect. I began to recognise that being imperfect didn't make me a failure.

Before that, I'd always been ashamed of having panic attacks. I spent a lot of effort in keeping people from knowing that I had panic attacks. But then I began to see my situation in a new light. I realised; hey, rather than be ashamed of having panic attacks, I could congratulate myself for having lived as normal a life as I had. I was married; I had raised three wonderful children; I was going back to school to get my Bachelor of Fine Arts; I was doing a lot of things despite the panic attacks.

So bit by bit, I began to recover. I changed my lifestyle in so many ways, my thinking. And I finally conquered the panic attacks. In fact, it's hard to remember them, it's like they happened to a different person. These life altering changes came from reading the Neurocalm Method and using the CD's that came with it.

How am I today? Terrific! I'm working, I have a wonderful job. I'm in charge of educational operations for my organisation. As part of my job, I often give talks to schoolchildren, to women's groups, and so on. And I love doing that. I'm so happy that I can do so many interesting and wonderful things now. It's such a far cry from the panic person I used to be.

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