

## Tim's story

Since I put the Neurocalm Method into effect, there have been enormous changes in my life. I'm able to work again. I go into shops. And there's a general feeling of well-being. Before, I felt like, "What's the use of going on like this?" At one point, things were so bad that I even contemplated suicide! I thought it was hopeless because I'd been that way for so long; thirteen years! (It started when I was about twenty one, and I'm thirty-four now.) Finally, it got to the point when three or four months before I started the Neurocalm Method, I was literally housebound!

The series of events that led to my becoming housebound and having thoughts of suicide were these: I lost my job because of the constant panic attacks. I had totally run out of money, and I decided I had to go out and get a job. I live in a small village and there aren't many jobs available. So I went to a large town nearby to look for work. But as I travelled, I found it harder and harder to get out of my car. (Instead of being housebound, I was becoming car-bound!) It was so hard even to go to a petrol station to get fuel. But I had to do it, so I did. I'd wait around in my car until there were not too many people there, and then I'd go and get the petrol.

When I came back to my village, jobless, I moved in with my parents. (I'm single.) And I more or less stayed around the house, doing nothing and being miserable. Things just got worse and worse. And, after a while, I just became housebound. I couldn't go anywhere. Then, the bank wrote to say that they were going to repossess my car for non-payment. So that spurred me to get some help somewhere. A doctor came to the house and he prescribed Xanax, and that didn't do any good. He doubled the dosage, but it still didn't do any good. Finally, he gave me doses of Librium, twenty-five milligrams two times a day. With that, I was able to go to the doctor's surgery regularly, but that was about it.

Just by chance, I picked up a magazine and saw an article about panic attacks, and they mentioned the Neurocalm Method. I bought the book and MP3's immediately. At that point, I was willing to do anything at all that might help me. I wanted to change so badly, I would have done anything!

The book made so much sense, and I learned things about myself that really helped. I've always been a person that found it difficult to assert myself, often feeling I would rather hide away. That's why I became housebound. I learned how to build up my self esteem, and how to be much more assertive. The change that made to my life was amazing. I began to go out again, to meet with old friends and even managed to make a new friend. This was just one of the helpful parts of the Neurocalm Method. There were so many

things in the book and in the MP3's that came with it that enabled me to alter my life and stop feeling anxious; so many that I couldn't mention them all here.

I have a job now and I'm on a program of reducing the dosage of my pills. I'm already on a really low dosage. I never believed the day would come when I could say that I'm happy again. It's here and I am not only happy, but enthusiastic and optimistic as well!

Tim P.

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