

## Cathy's Story

It was on a New Year's Day I had my first panic attack, but I didn't know what it was. I thought I was just overtired because I'd been up late New Year's Eve. So it didn't upset me too much. I didn't have another panic attack until two months later when I went to a car show with my husband. We were walking around, and I started having these "funny feelings." I thought I was going to faint, I felt terrible, dizzy, that's how I felt. I thought it was because I was smelling the car exhaust fumes. Anyway, we went home; I rested a while, and I was fine. Then in the May of that year, I was in a car accident where I got hit on the head. Two days later I was with the kids in school, I'm a teacher, and they were watching a play. During the play, I'd had those "funny feelings" again; I thought I was going to faint. I felt really shaky, very nervous and dizzy. My first reaction was to get out of there, to get out of that room. I felt I needed fresh air. Another teacher saw me and told me I'd better go to the doctor and find out what was wrong with me. She knew I'd had the accident with my head, and she must have thought it might be more serious.

So I left my class with a substitute, and went to the doctor. Driving to the surgery, I had the worst panic attack ever. I couldn't drive the car. I was so afraid I might pass out while driving and be in another accident again. Other drivers came to help me. Eventually I did make it to the doctor's, I was also nervous about that; I wondered what he might find. These fears were just building up inside of me, making everything worse.

As it turned out, the x-rays were normal and the doctor found I was all right physically. A few months later, though, I had another panic attack that came out of the blue. I started having a couple of panic attacks a week, and sometimes I'd even have two or three during the day. I realised something wasn't right. So I went to the doctor again. He checked me out thoroughly and prescribed a tranquilliser.

At first, I wasn't taking the pills right, because I didn't think I needed to be taking them; you always hear these terrible stories about people becoming addicted to them. Well, the panic attacks kept recurring, so finally I did begin to take the tranquilisers regularly. But even though I was now taking them the way I was supposed to, the panic attacks still kept

happening. They happened when I was shopping, or driving or at work; I had to stop teaching in the end.

My brother, who knew what was going on all this time, saw a site on the internet and he told me to look at it. The site introduced me to David's method. It wasn't expensive, there was a money back guarantee and I thought if this guy is that confident in his method to give you your money back, it must work. I downloaded the book and the MP3's and began reading immediately. There was so much good advice, within the first half an hour of reading I began to realise that one of my problems was that I was mistaking and exaggerating the weird feelings I was having, whereas I should have just ignored them and realised that I was going to be all right. But even better learning's were to come; David's method showed me a permanent way out of my panic attacks.

Now I'm back working full-time, every day. I never thought I could ever do what I'm doing again. It's like my whole life is different. I just feel free. I don't feel that something's holding me back. I can move forward now. I mean, there are times that I still think about it-after all, it was in my life for so long-but I don't let it stop me anymore. So let me recommend David's method to you; you don't have to put up with your anxiety any longer, it CAN be cured.

Cathy M.

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