

## Testimonials

Dear Anna,

I am writing to let you know how I am getting on since I was with you last. I am off all medication for anxiety and panic attacks. I have gone back soccer training. I got to play my first bit of a match in over a year and a half, a few days ago. The fear of travelling in the car is almost gone. I am back at school now for the full day and doing pretty good. A lot of negative stuff I had going on before have now turned positive. I still get a tremmer of anxiety now and again but I am able to deal with it A LOT better. Im moving forward now and not backwards for a change. Overall I have a way better life than what it used to be Thanks to you. So ya, thanks again for what you have done and hopefully I will keep improving as the days go by.

James 15 13/9/12

I would have described myself as very much together and someone who doesn't get stressed out very easily so when I suddenly became ill and started to suffer from panic attacks and anxiety it was compounded by the fact that I am usually very much together and never sick. This made it very hard for me to cope and handle the situation.

I described myself as "broken" during this time and what conventional medicine couldn't fix, alternative therapies and in particular Anna's unique technique of recognising and taking control of these situations did.

I cannot thank Anna enough for quite literally giving me my life back and making me appreciate what I have. Her technique for dealing with panic attacks and anxiety is simple, quick and can literally be done anywhere from sitting in a restaurant to lying on your bed.

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**Private Clinic:**  
**Murroe Co Limerick, Dublin & Cork**  
**[www.annagibsonsteel.com](http://www.annagibsonsteel.com)**

**Phone: 061-381947**

*Panic Attack & Anxiety Solutions*  
*Anxiety Solutions*

**Panic Attack & Anxiety  
Solutions**

**Anna Gibson-Steel**



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**061-381947**

## What are Panic Attacks & Anxiety

While many people suffer from on-going anxiety and/or panic attacks, not many really understand what is actually going on in the body/mind/energy complex to cause the debilitating symptoms. During this short training you will be taught in an easy to understand way what is going on physiologically in your body, and how your mind is an integral part of these processes.

In this unique training system, this is an important step to recovering from these life-impeding attacks.

**A training session takes 1.5-2hr and includes a treatment session.**

**To book contact Anna  
061-381947**

### **Can anyone learn this system?**

Absolutely! Over the past ten years this system has been taught to sufferers of all ages and backgrounds, from as young as age 7, with a 100% success rate.

### **Immediate Results**

How will you know if it works for you? You will experience freedom from anxiety on the day, so you will have first hand proof right there and then.

Furthermore you will learn specific techniques that you will have FOREVER, to use anywhere, anytime, as often as you wish-that will end any panic and/or attack in less than 3 seconds. This method is simple to learn and extremely user friendly-so easy that a 7 year old can use it! However it has been developed over many years of clinical practice using many complex underlying systems and knowledge.

Through my clinical experience of more than 10 years, it has become glaringly obvious that there has been a dramatic increase in the number of Panic/Anxiety Attack sufferers over the past few years, I would suggest that it is at epidemic level. It has become a personal mission to contribute my energy to end this suffering so people can get back their lives, their happiness and once again enjoy their lives, and look forward to a bright future.

This is why I have created an easy to use method that is accessible to everyone. Having taught hundreds of clients in my private clinic, this training program allows me to reach more sufferers in less time, for a wider impact. My on-line solution is currently helping thousands of clients in 62 countries.

Please, if you or someone you love is suffering take action today-and get your life back.

*Anna*

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