

60 Second Panic Solution™

Welcome and Congratulations!

Simple Techniques Designed For Quality of Life.

Eliminating panic and anxiety attacks is not as difficult as it may seem once you know the critical few techniques to get rid of them forever.



Hello,
I am delighted to welcome
you and congratulations

On... making the wonderful decision to change your life forever; I promise you will look back on today as being the first day of your new life. You see this program is unlike any other in that what I teach you is a permanent solution to your panic attacks and anxiety.

A word of warning here though, I have purposely created techniques that are simple to use, however don't not underestimate their power, and there is an underlying complex structure to this program that requires that you complete the full program. So please, just because your panic attacks will disappear with the techniques in that section, don't stop there, complete the other sections also, because my intention for you is that you are permanently free to live your best life yet.

This Course

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| Entire Course | It's critical to complete & practice the entire course to eliminate attacks |
| Panic Attacks | Section 1 is dedicated to showing you how to stop panic attacks |
| Anxiety Attacks | Section 2 focuses on how to stop Anxiety attacks |
| Lasting Freedom | Section 3 teaches you techniques to improve the quality of your life |

Continued on page 2

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www.60SecondPanicSolution.com

So my name is Anna Gibson-Steel,

and I am a qualified Master Teacher for over 10 years. I am also a certified Holistic Therapist with over 60 trainings, and I run a very successful clinic here in Ireland, where I help hundreds of people every year enjoy more health, better peace of mind, and more happiness in their lives.

Most Health Issues Start With Stress

For over 10 years now I have been helping clients with a complete range of issues, from physical symptoms, emotional issues as well as helping clients regain a healthy mind. In fact my holistic approach must include each of these aspects for the client. Over the years I have come to realize that irrespective of what the client presents, it is always stress related, and even the seemingly simplest of symptoms if left untreated will end up with the client suffering a high degree of stress, which, again if untreated will result in anxiety attacks or panic attacks.

This program is an amalgamation of techniques and processes that I have tried and tested over many years. The processes in this product are the ones my many clients have reported to be the most effective for them, which when I teach them, they can use in their daily life

Completing the program is essential to achieving your goals

As I mentioned earlier, it is of the utmost importance that you complete the program. For instance, using the triple A technique to stop a panic attack absolutely will stop your attack before it starts, however as a Holistic Therapist it is very important to me that we remove the root cause of your panic attacks, thus ensuring that you will have an infinitely better quality of life.

So just because you will conquer your panic attacks with the triple A technique please don't stop at that, continue the program so that you can manifest your best life ever. My mission is to help clients to empower and heal themselves, because we all have that potential, and we should all, be self-sufficient, taking care of our health ourselves- instead of handing that power over to the therapist/doctor/friend etc. So I would not be satisfied with just getting rid of your panic attacks and anxiety.

My aim is to teach you how to take control of yourself. So while my product does exactly what it says on the tin, it is so much more than that.



Certified Holistic Therapist

I am also patiently aware that if you are currently suffering with high-anxiety levels and or panic attacks, it is vitally important that I show you how to stop those IMMEDIATELY. Otherwise where are you to get the energy to navigate the other exercises?

So, with that in mind, I will train you first how to stop the attacks, then, I will explain more about how the program works and should be followed.

I too have suffered from panic attacks

Oh and just so you know, I too have suffered from panic attacks, and I still remember my first one vividly, I was in my late 20's working in a bank, and it hit me out of the blue, as a kind customer asked me how I was?

Continued on page 3

I didn't know then it was a panic attack

My chest went tight, my palms sweated but the worst part was when I felt that I couldn't breathe, I thought it was an asthma attack-and got an asthmatic inhaler from one of my colleagues, which of course didn't have any effect, except to make my heart pound more in my chest, I went to my doctor who gave me an anti-anxiety tablet, a short time later I was exhausted and had to lie down for a few hours.

The doctor offered me no advice nor did I realize that it was a panic attack. This was in the mid-nineties, and Googling symptoms was not something anyone did-at any rate my life was so hectic there wouldn't have been time to research. So I muddled on, until a further series of traumatic life events ground me to a halt-and I found myself in a state of depression, the rest as they say is History!

My mission now in life, is to share with as many people as possible, the processes that I have learned through both experience and study, that allow me to live my best life ever, and here's the really good news it's so simple your brain may struggle to believe that it is so easy.

Three Sections to this course

There are three main sections to this program; the first is for people suffering specifically with panic attacks, so this is where you should begin if you have this issue. Once you have completed section one you are now ready to go to section two and deal with your anxiety issue.

The second section is for people suffering from anxiety, so you should go straight to this section if you don't suffer from panic attacks.

The third section will then teach you exercises to ensure that you achieve lasting freedom. After those sections please enjoy the free bonus gifts that I have included for you.

So go ahead and get started right now, your freedom and peace of mind awaits you. See you in the next section.

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If you have any questions or comments, please feel free to email
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Our team read the comments daily and are there to help when needed.