

# Panic Away



"Joe I will thank you all my life"



"Why is this not the most used technique?"



"Empowering!"



"I cant wait to tell my Doctor"



## What's Holding Your Recovery From Anxiety Back?

**Countless People Have Transformed Their Anxiety And Panic Attacks Using My Simple Course That Makes Complicated Psychology Easy For Everyone To Understand**

*From: Joe Barry*

If you're finally ready to eliminate your anxiety and allow relaxation and the peace of mind to return that may have been missing for some time, then I invite you to read the following letter.

My program has changed the lives of thousands of people who experience various forms of anxiety just like you. I encourage you to read the letter below and let me show you how to banish general anxiety and panic attacks while at the same time restoring peace of mind.

## What If I Told You Your Next Panic Attack Would Only Last A Few Seconds and That You Would Never Have To Experience Another Again

**Regardless Of What You Have Been Led To Believe **General Anxiety And Panic Attacks** Can Be Cured In Easy-To-Follow Steps Without Any Medication Using A Revolutionary New Technique**

**-Here Is How...**

September 7, 2008

**Is Any Of This Experience Familiar To You?**



*"My worst panic attacks were happening in the car*

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*"Funny, you know, all the "medical professionals" that I been to over the years, alternate and mainstream, not one of them suggested your approach to the problem yet it is so simple!"*

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*"I cannot believe what an impact your program has made on my life."*

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*"Over the last 5 years I've begun to have increasingly severe anxiety that I am going to faint."*

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- Maybe you found yourself in the hospital's *ER* because you thought you were having a heart attack only to be told later it was anxiety?
- Do you ever fear you might stop breathing because your chest feels tight and your breathing forced?
- When you drive do you fear the idea of getting stuck in traffic, on a bridge or at red lights?
- Do you ever feel afraid you might lose control or go insane from anxiety?
- Do you struggle with anxious thoughts on a regular basis?
- Do you ever feel uncomfortable in enclosed spaces such as supermarkets, cinemas, or while traveling?
- Are you nervous and on edge in situations that never bothered you before?

## Do You Feel Any Of These Bodily Sensations?

- Dizzy spells leading to panic
- Tightness in throat and chest- shortness of breath
- Racing heart with tingle sensations
- Hot flushes followed by waves of anxiety
- Obsessive worries and unwanted thoughts
- Not feeling connected to what is going on around you
- Overwhelming fear that the anxiety will push you over the edge?

These and other similar uncomfortable sensations are all too common but **the truth is you do not have to ever suffer from another panic attack or anxiety attack again**

I'll explain why

Most of the people I deal with have been struggling with anxiety disorders for many years and have usually exhausted themselves looking for a solution in every book, course, or treatment program out there. By the time they get to me, they are very skeptical (as is natural) and have little faith in ever getting rid of their anxiety.

**Soon I'll Be Showing You The Most Powerful Technique For Eliminating Anxiety And Panic Attacks Without The Use of Medication**



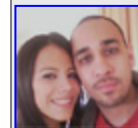
*"About a year ago, for no obvious reason, I began having anxiety attacks at work when I had to speak to people in numbers any greater than two or three"*

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*"I no longer fear traveling for holidays"*

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*"It's real good I found your web site. Everbody has noticed the change in me and I am no longer scared to have a panic attack."*

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*"At the age of 62 I am starting a life I dreamed of living for over 50 years. "*

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*"My name is Rev. Kohler. I just wanted everyone to know that this*

**But First...If The Above Experience Of Anxiety Is Familiar To You Then Enter Your Email Below**

**Get Expert Advice In My Free Mini-Series**

First Name :

Your E-Mail :

No Spam -Our Strict [privacy policy](#) keeps your email 100% safe

... "I have found this [mini e-series](#) *extremely beneficial* thank you from the bottom of my heart for giving me the tools to re-claim my life" **David**



"I have never written in response to a program that I have ordered but I wanted to let you know that in 3 days I feel better than I ever have after months of therapy and some other online programs." **Eric**



"I can't remember ever feeling so wonderful. I feel freedom. No doctor, treatment, book or medication has done what your course has done for me. Thank you thank you thank you." **Claudia**



**Enter Your Email Address Above For Free Advice and Support**

The technique I teach has been developed by me Joe Barry, a former sufferer of all too frequent panic attacks and GAD. I developed a completely natural approach to eliminating 100% of general anxiety and panic attacks. This may seem very hard to believe for someone who may have had this condition for some time but believe me, **new information is now available to be free from anxiety.** I will reveal the whole technique to you.

You will be amazed at how such a simple technique known as the *One Move Technique™* could be so powerful in restoring you back to your former care free self. I am not only talking about eliminating panic attacks but also getting your general anxiety level right back down to zero without the use of any medication or

course Panic Away is phenomenal.

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"When I started reading I felt this feeling of relief physically wash over me,"

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"I tried herbal supplements and other books but nothing works like the One Move"

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"Now I'm free from attacks and happy to come back to my previous self. I can laugh again"

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"Now i can drive far away out of my old safety zone laughing to myself alone in the car and enjoying it like i never did before."

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alternative therapies. This technique is based on advanced psychology made simple for everyone to apply.

**Your Anxiety Will Vanish.  
Your Confidence Will Soar  
And The Results Last A Lifetime**

Best of all...

It does not rely on outdated anxiety techniques such as 'deep breathing', positive affirmations, or distraction.

It takes seconds to implement wherever you are, -at home, at work or out socializing with friends.

This technique is **not** NLP or hypnosis. It is an advanced cognitive technique born from traditional psychology that everyone can apply regardless of how long the anxiety has been present.

You **will not** be asked to follow a time consuming 30 step program that will bring only minor improvements.

You will no longer have to spend anymore money on expensive doctor or therapist visits.

After reading this information you will be able to immediately have confidence to tackle any of the big stresses you may have been putting off e.g. driving, air travel, interviews etc.

**Wait a minute.**

Isn't it all too easy to list benefits without any real proof?

Well we thought about that here in the office, so we launched this unique promise....



*"It was a Godsend that I discovered your program just this past Friday night (lucky 13)"*

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*"No more days and nights consumed by thoughts of panic attacks - it's just bliss. I love it."*

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*"No money can make me give the Knowledge of THE ONE MOVE back!"*

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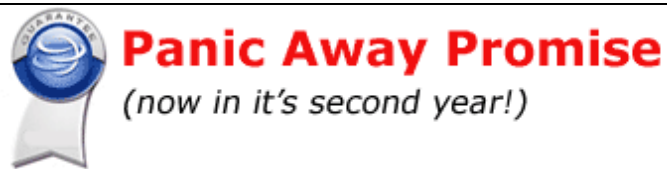
*"WHAT HAVE YOU DONE TO ME....???"*

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*"Thank you so much for articulating the solution in this simple, easy program!"*

[Click Here](#)



**If you can find any other anxiety course with more verifiable photo or video testimonials you will receive *Panic Away* for free.**

What's more,-we will also purchase the other course for you!

*\*Terms and conditions apply.*

## Getting You Back To Your Former Self Is What Is Important ... That's Our Goal Here Together

You let me put the technique to work for you and with pure joy you will feel calm restored to your life. I developed and refined this technique over the past 10 years and chances are you will not have come across anything like it before.

Everyone of the testimonials found here is legitimate and written by people just like you. Regardless of how your anxiety manifests you will find a testimonial that matches your anxiety story.

If you will let me, I will now tell you something extremely important about anxiety and panic attacks. This is crucial if you are to seriously begin on the road to full recovery

OK, here goes..

## This Is The Key To Being Panic Attack Free...

**You Must Learn To Break The **Fear Of Having Another Panic Attack** Or You Will Never Experience Complete Freedom From Anxiety**



*"I have suffered with panic attacks for 15 years and all the counseling, medication and books I have purchased within the 15 years just masked the fear, never eliminated it for good"*  
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*"After a full year of debilitating panic! I haven't had a problem with panic or anxiety-thoughts since the day after I read Panic Away"*  
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*"I thought my wife's case is hopeless, but after reading your program, It seems like nothing had ever happened to her before, IT'S AMAZING!!!"*  
[Read More](#)



*"Driving now is once again one of the things I feel comfortable and safe doing"*  
[Read More](#)



- The anticipation of a panic attack starts the wave cycle of anxiety in motion.
- The foundation of a future panic attack is laid hours before you actually experience one.
- The slightest stress trigger will then launch the full blown panic attack into motion.
- Panic manifests itself in approximately 20 minute wave like formations.



### This Is Where Your Problem Lies

There is one key factor that makes the difference between those who fully eliminate panic attacks from their lives and those who do not. The key ingredient is not medication, lifestyle changes, or relaxation exercises. It is when the individual **no longer fears the thought of having a panic attack**.

This may seem like a simplified and obvious observation but give it careful consideration. The one thing that has you searching for a solution to anxiety and panic attacks this very moment is the fear of having another one.

The first time a person experiences a panic attack it can feel like their world is falling down around them. Nowhere feels safe as the anxiety becomes like a stalker lurking in the background.

When this happens people begin to either avoid situations that make them anxious or they medicate themselves to the point where they are numb to the fear. I am sure you will agree neither of the above is a satisfactory solution.

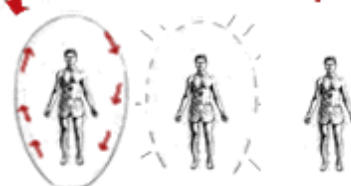
What my program **Panic Away** does, and in particular the **One Move Technique™**, is give people **the ability to immediately stop fearing another panic attack**. It is very simple yet amazingly effective. Here is how it works:

After a person experiences a panic attack for the first time, the experience can be so impacting that it leaves a strong **imprint** on the persons psyche. This mental imprint generates a cycle or **loop of anxiety** (see diagram) whereby the person develops an unhealthy fear of having another panic attack. People can spend anywhere from months to years caught in this

The Anxiety Thought Loop



Application of the One Move technique



*"Thank you so much for showing me how to not only cope but in time win! and get my life back."*

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*"IT WORKED. -Your book is little short of amazing"*

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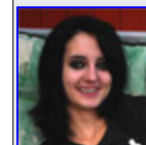
*"I work in the construction industry so you can imagine the battle I have had!"*

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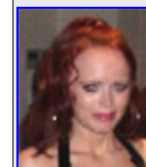
*"This is the first time someone has ever given me something I could truly heal with"*

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*"I am free of panic attacks and living the teenage life i missed out on over the past few years."*

[Read More](#)



repetitive cycle of anxiety.

*Panic Away* teaches a technique that now allows that person to **break the cycle of anxiety** and return to normal everyday living.

The really unique element of the technique, is that there is **no need for you to regress** into your past and find out why you had your initial panic attack in order to get results. All that is needed is your willingness to break out of the anxiety cycle. Are you ready to try this right now ?

In the end you must

**Break This Cycle Of Fear With A Tool That Will Allow You To  
Never Fear Another Panic Attack  
That Has Been The Solution For The Thousands Of People I have  
Taught So Far**

**There is more...**

-Learn to avoid making the one mistake almost everyone makes during a panic attack episode.

-Why 95% of anxiety treatment courses fail...and the exact, detailed steps you must take to be in the successful 5% (and stay there!)

-You may have heard the reassuring fact that panic attacks are not life threatening but did you know exactly why this is? Being fully educated on the latest research (2008) will help you understand the **true nature** of panic attacks.

-The top worst foods you should never eat

-The top best foods and supplements you should eat all the time to keep anxiety at bay

From the feedback I get, I have learned that other courses and treatments out there are not showing people how to do this. Rather than fully empowering you, they teach coping mechanisms and strategies on how to get over a panic attack once it happens. **That is not good enough. Just coping with this condition is not good enough.**

*"I made it through my flight "*

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*"...your method is truly remarkable"*

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LIVE HELP

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*"Although I was skeptical Im so glad I downloaded the e-book"*

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*"My hands (palms) were sweating all day long, every day, but now its not anymore!"*

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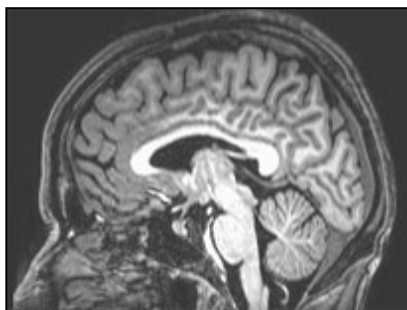
*"I was drowned in general anxiety, panic attacks every time I left my house to the point that I never wanted to leave my house."*

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People need a program that teaches them how to free themselves from ever having another panic attack again. That I am sure is the only kind of result you are interested in.

## Ever Wondered What Exactly Is Happening In Your Brain When You Have A Panic Attack?

The University College London have recently published findings in the journal *Science (2007)*, demonstrating that when people experience extreme anxiety or panic, the activity in their brain moves from the front of their brain to the mid brain. This was demonstrated by scans showing higher blood flow to the section of the brain that was most active. The front of the brain (*prefrontal cortex*) is where decision making and rationalization takes place. The midbrain (*periaqueductal grey area*) is where survival mechanisms such as *fight or flight* originate from.

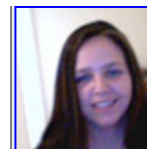


You are probably well aware that a panic attack is a 'fight or flight' response to a perceived threat. The reason the human brain responds like this goes back to our prehistoric past where humans needed their bodies to respond quickly to a perceived physical threat.

What this new research is telling us, is that people's mental activity during a panic attack is suddenly moving to the mid brain, resulting in the heightened state of fear and panic. **In short, a separate part of your brain becomes more active during a panic attack.**

The problem, as you well know, is that once the panic attack begins and that heightened state of fear starts, it is very difficult to calm yourself down. In order to restore calm you therefore need the brains mental activity to change. This is the reason why deep breathing is so ineffective in helping people control a panic attack. All deep breathing does is try and restore calm to the body. **Trying to mentally calm the body is like shutting the gate after the horse has bolted!**

Your brain is the control center and that is where the change needs to happen.




*"My chest tightened, I felt like I couldn't breathe"*

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**QUESTIONS?**

Offline for the moment.  
Leave a message.



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*"My family was in shock and so was I. I felt normal again. I just confronted my anxiety with the One Move"*

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*"My doctor wanted to start me on medication, but being a nurse myself, I didn't like the side effects that the med would cause, so i chose Panic Away"*



During a panic attack your brain has moved into panic mode and in order to really restore order you need to learn how to switch your mental activity back to the rational part of your brain. What's more is that you need to learn a technique that will allow you to do so in a split second, regardless of where you are or what you are doing.

Sounds complicated?

Well it is not. When someone feels reassured that they are safe the mental activity reverts back to the forebrain. The *One Move Technique™* teaches you to feel safe in a very simple and easy to apply manner. The *One Move* is called so because it is in effect a movement of mental activity. It is a technique that *moves* mental activity away from the impulsive mid brain back to the forebrain.

Why do you need to know all this? You don't.

In fact I make little reference to the science of the brain in the course because it can put people off or make them feel uncomfortable but suffice to say that the Panic Away course is based on well tested cognitive psychology and science. It is simple and safe to apply. There are no side effects and once you grasp the concept you eliminate your panic attacks.

The rest of the course then teaches you how to eliminate any general anxiety you may be feeling throughout the day.

### **Why Are Doctors And Mainstream Psychologists Not Teaching This New Technique?**

If you read through the testimonials on this site you will hear from many people who have been to well established psychologists only to be told the same coping techniques you read in anxiety forums all over the internet. Most of these approaches date back to the early 1970's. The reason for this is because most psychologists have never had to try these ineffective techniques themselves.

After a few sessions the person gives up on the psychologist and the psychologist presumes the client got better as they never came back. It takes a long time for radical new ideas to filter down to your local psychologist.

If you visit a doctor or psychiatrist you are almost always going to be given a prescription for medication simply because they are short on time and believe it to be the fastest solution to your anxiety problem. I am not judging these professions, many do an excellent job but are sadly too short on time to investigate the issue further and try a different drug free approach with you. That different approach is what you find here.

I *Joe Barry McDonagh*, have been teaching this new revolutionary approach to dealing with anxiety and panic attacks for over seven years now and the results

instead"

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*"Do your self a favor and get it for your self or a loved one. It will make a huge difference for you and them"*

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*"For the first time in more than 10 years I was able to visit some friends on a 6th floor and enjoy myself. No doctor, treatment, book or medication has done what your book had done for me"*

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*" I experienced immediate relief. It was really put to the test recently when I went away on vacation, and it worked great."*

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*"By pure chance I found your website and of course, like all your other success stories was initially very skeptical but was willing to at least give it a go... thank you for not just throwing*

are astounding people.

To give you a little background, I was in my second year of debilitating panic attacks when I discovered this powerful technique that stopped panic attacks in their tracks

I had been studying the cognitive behavior approach for dealing with panic attacks from some of the top psychologists when I discovered this technique. The real breakthrough came when I made some startling observations about how **a panic attack fuels and generates itself**. I developed the technique on the principle that if you extinguish the fuel that powers the panic attack, you eliminate its reoccurrence.

I began teaching small groups of people my discovery and started getting immediate results. This surprised me as I was initially unsure if I could replicate the same results. People were reporting **instant panic elimination** and further research confirmed that the technique I taught was not only instantly effective but also a permanent solution to panic and anxiety disorders.

I have since taught the *One Move Technique™* to thousands of people in over 30 different countries.

## Have You Thought About How Anxiety Holds You Back?

### Imagine if you will...

- ✓ Planning holidays or travel without fear of anxiety.
- ✓ Never fearing to leave your home or to be alone.
- ✓ Having the belief to trust your body is not in any danger whatsoever.
- ✓ Making appointments or socializing with people and never dreading you might have to leave unexpectedly half way through.
- ✓ Going about your business daily without any lingering anxiety or anxious thoughts in your mind.
- ✓ Giving a speech or presentation without any concern of having a panic attack.
- ✓ Watching your close relationships improving as the barrier of fear is removed.

*out some coping mechanisms but actually leading me to cure myself completely."*

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*"After numerous Dr. appt, one after another and medication after medication, I searched the internet for answers. God Sent me to your web site"*

[Read More](#)



*"I have never written in response to a program that I have ordered to help me with panic attacks, but I wanted to let you know that in 3 days I feel better than I ever have after months of therapy and some other online programs."*

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*"Just turning the computer on and reading your book has the power to stop the overbeating!"*

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*"I would drive around anxious of what might happen, I was scared to go to work, and i was*

- ✓ Feeling confident to fly ,drive or travel by any means you choose without concern.
- ✓ Stopping nocturnal panic and anxiety that can keep you up at night.
- ✓ Doing the one thing you love that panic attacks may be stopping you from doing, be it hill-walking to scuba diving.
- ✓ Feeling really free again. -not caught in feelings or thoughts of disconnected reality.
- ✓ Being free from unsettling thoughts that can encircle your mind.
- ✓ Learn the secret lesson anxiety teaches us and how to turn this anxiety experience to your advantage by building a new foundation of self confidence greater than you have ever felt
- ✓ Get clarity of mind and strong, peaceful thoughts and feelings - NO more panic attacks or even mild anxiety
- ✓ Learn how to stop checking yourself every five minutes to see if anxiety is present.
- ✓ Wake in the morning confident and not troubled by thoughts of what the day may hold for you
- ✓ Regain the opportunity to do the things in life you have been afraid to do because of anxiety.
- ✓ Watch how friends and family comment on how relaxed and peaceful you have become
- ✓ You will enjoy a new enthusiasm for life as exciting life opportunities that were closed due to anxiety open up again for you
- ✓ Instead of living in daily anticipation of anxiety's next attack, learn to live in a new fearless manner
- ✓ Become a source of encouragement for others who experience anxiety and show them the simply steps they can take to end their anxiety

**Fact: A Panic Attack Will Not Harm You**

*prohibiting myself from enjoying the outgoing life that I had once had"*

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*"Yes I was skeptical at first, but glad I followed my instincts. Just keep it real and people will trust what they see"*

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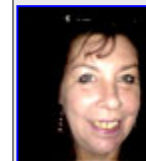
*"I have read some litterature about panic attacks. But they allways seem to have a more scientific approach and that is nothing I need in my struggle"*

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*"My tears fell down my eyes when everything in me and my life became normal again."*

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*"I am so happy, it was only a 35 minute drive but absolutely no sign of anxiety or panic I shopped till I dropped - brilliant!"*

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I know when you are in the middle of a panic attack it feels like this terrifying experience is so intense, it might just kill you! You feel an array of unusual bodily sensation from dizziness, rapid heart beat to tingles (*paresthesias*) right through your body. You fear you may have a heart attack or that the anxiety will push you over the edge mentally.

**I want to reassure you that even though the sensations can be terrifying, they will not cause you harm.** There is very good medical studies to back this up. In fact panic attacks are not too dissimilar from a good aerobic exercise workout. The fear is powered by an overreaction to bodily sensations.

### So What Can I Teach You?... What Makes My Technique So Special ?

**Firstly**, My technique is completely unique and proving daily to be an absolute success when it comes to treating general anxiety and panic attacks. I have extensive experience working through my own anxiety and then that of countless others through private coaching. While going through my own anxiety episode **I studied the best psychologists working in the field.**

I learned a huge amount from them but not enough to get me panic free. Almost by accident I stumbled on a technique that brought it all together and got me immediately anxiety free . Over the years working with people I developed the technique, honed it down, and made it more understandable so that everyone, regardless of their situation, could apply it. **This is years of experience I want to share with you.**

**Secondly**, I am a perfectionist. If you work with me I am dedicated to your well being. Having suffered from panic attacks I would never promote something unless it was getting truly remarkable results. **I am not interested in half hearted results**, I want you to cross the finish line just like I did and move beyond the anxiety issue that is holding you back. I truly believe you will get full recovery using my program. Please do not mistake this for Internet hype or an exaggerated sales pitch.

**Thirdly**, I love results. In the end this is all about the results.

I will use the exact same procedure I used to get results for all the people I have helped to date. Real results are what drives me to get this information out there to the wider public who suffer from anxiety and panic attacks. I'll teach you the most critical information you need to know in a concise manner. You will not be asked to digest pages of unnecessary filler or fluff. Every page is relevant to you and



*"Prior to purchasing your book I went to a therapist, and my attacks were only getting worse. I knew they had nothing to do with childhood trauma or any other aspect the therapist was focusing on"*

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*"Thank you for your book, it gave me my life back..."*

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*" I have spent alot of years wondering what was wrong with me,I have been to the emergency room so many times thinking I was having a heart attack."*

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*"I am free of panic attacks and living the teenage life I missed out on over the past few years."*

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part of a structured process.

## How Did I Get Someone with 30 years of Panic Attacks Completely Anxiety Free?

...I used the exact same technique I am going to share with you. I will help you quickly break down negative patterns that might be stopping you from feeling safe.

I get countless letters, emails, phone calls from people telling me how much of a difference this program has made to their lives. In fact *Panic Away* has the largest collection of verifiable photo and audio testimonials for any anxiety treatment program online.

If you can find any other anxiety program with a greater collection of authentic photo or video testimonials I will give you the entire course for free. *Not only that but I will buy the other course for you!* That is the key difference which sets this course apart from everything else you will find online. A track record of consistently delivering result after result.

## Please Don't Let Your Anxiety Fool You Into Thinking Your Case Is Unique and Not Curable

That is simply not true and I have the experience to back that claim up. **There are no lost causes -no matter how long you have been suffering from anxiety.** You must not simply go on coping with this condition. You must embrace the opportunity now to change all of that today. It is so very important to remove these self imposed limitations and get rid of the anxiety that is holding your life back from its true potential. Only you can make the move towards this freedom.

## You Must Make The Move Towards an Anxiety Free Life -It Will Not Find You

Things start to happen instantly when you begin my program. Due to the way the course is structured, an internal cognitive shift happens whereby you no longer fear having a panic attack. That is **Stage 1**. It is a major psychological breakthrough point, brought about by using the *One Move Technique™*.

**Stage 2** of the program is designed to tackle the general anxiety (GAD) by releasing calm into your body through specific exercises. By the end of Stage 2 you are left feeling restored, confident and more like your former self.

## I Have Been Researching This For Over 10 Years -Now You Can Benefit - Here Is How...



During my anxiety period I studied the research papers from the academics and I read every book I could get my hands on. You might be familiar with some of these popular authors on the subject of anxiety:

*Edmund J. Bourne, - Robert Handly, - Pauline Neff, - Lucinda Bassett*

There was however still something missing from all I read....

I tried all the exercises I did the relaxation and breathing techniques but nothing was shifting this deep fear of my next dreaded panic attack. It was very frustrating for quite some time. Then while experimenting with a combination of new cognitive ideas it dawned on me how to extinguish the very fuel the panic attack is driven by. **This changed everything, I could now put myself in all the situations I feared without having to worry about having a panic attack.**

Cutting the fuel of the panic attacks had some great knock on bonuses, the obsessive worries and unwanted thoughts disappeared as well. It was like a dense fog lifted. Once I had moved clear of this fog of anxiety it became clear what mistakes I was making and how a simple change in thinking was all that was needed to advance my recovery.

I want to share this vital understanding with you right now in order for you to get the exact same powerful results. My program is downloaded to any computer within minutes.

### What Top Medical Professionals Think About My Technique



### Allow me to be briefly boastful...

In a marketplace crowded with products and courses telling you they have the solution to your anxiety problem it is very hard to find something new that is truly unique and effective. **Nothing I have come across is getting results like the *Panic Away program*.** What I have found is that there is a lot of rewriting of old

*cognitive behavior therapies* and mixtures of relaxation/visualization techniques to help manage the anxiety.

Don't get me wrong these can be very effective at reducing general anxiety levels but they do not go to the very heart of the matter. **The people I work with have usually tried all those familiar techniques and are now looking for something more effective-** Something that will really accelerate their recovery. Something that will stop them having to ever have another worry about anxiety again.

You see, I needed to develop a program that tackled the anxiety on two fronts:

- 1) The elimination of all Panic Attacks.
- 2) and reduce the persons general anxiety that causes the unwanted thoughts and everyday anxiety.

Taking this approach has led to countless success stories such as:

#### **No More...**

- ✓ fear of leaving the house in case of a panic attack.
- ✓ No more fear of getting stuck somewhere you can't excuse yourself from.
- ✓ No more making excuses why you cannot make it to a social engagement.
- ✓ No more putting off holiday plans or business travel.
- ✓ No more fear of business meetings or situations where you are asked to speak.
- ✓ No more fear of getting stuck in traffic.
- ✓ No more living in a very trapped existence.

**Do You Want To Experience All of This For Yourself Absolutely**

## Risk Free?

I am making the program available to download to your computer right now. You will learn the exact technique I have been teaching people that is getting the kind of results that were thought not possible just a few short years ago.

**Together We Will Get You Anxiety Free!**



**Let me skip to the best bit**

### **Important Update:**

Many people write to tell me about the thousands of dollars they spent on **doctors, therapists, and medication** when in the end, all they really needed was the technique contained in '*Panic Away*'. I have never believed in charging unnecessary high fees for this assistance and expertise so I think you will find this update particularly interesting.

**I am offering an incentive for all people who order Panic Away before this offer expires. If you see this message on screen then you qualify for a 50% discount. (Discount Code DD-094201)**

**Disclaimer:** Discount only valid for customers who place an order before this offer expires

**I am slashing the price from \$138 to **\$67.95** for all who land on this page  
That's a huge saving of over 50%**

[Click Here to DOWNLOAD Panic Away \(50% Discount Code: DD-094201\)](#)

(Panic Away can be downloaded in just 30 seconds for INSTANT ACCESS)

**But that's not all... (Free Coaching Bonus Worth \$150)**



**Not** only are you getting the full program when you order today (at a knock down price) but for a limited number of orders I will also be giving you **my private email address** . You will get unlimited one-to-one coaching from me should you request it. This

offer, which is normally priced at \$150, is absolutely free for a limited quota of people today so order soon.

**And there is even more...**



### **One Move Live Audio**

### **Emergency Audio To End The Moment Of Panic**

Have you ever wished you had someone there who knew exactly how to talk to you when a panic attack starts? I am making The **One Move Technique™ Live** audio mp3 available to you as an additional free bonus download when you order Panic Away. Listen as I guide you through a panic attack and show you how to end it quickly using the *One Move Technique™* taught in Panic Away . Many people love the idea that they can take the audio recording with them anywhere they go in case they should feel a panic attack develop. Download it and take it in the car with you, listen to it at home or load it onto your mp3 player!



The Renowned '**Panic Away**' Course **Plus** One-to-One Coaching Sessions With Top Anxiety Expert, **Plus** Emergency Support Audio Mp3

All For Just

**\$67.95**

*(£37 sterling in UK)  
(\$68 Dollars in Canada)*

Currency Converter [Click here](#) 

**-It Really Doesn't Get Better Than That**

 **Save yourself time, money, and future frustration. Be done with anxiety now, and cross the finish line today.**

**Act now** You can appreciate that this offer needs to be limited. The offer will then need to return to its regular price of **\$138**

**This is an incredible 50% off !**

**[Click Here to DOWNLOAD Panic Away \(50% Discount Code: DD-094201\)](#)**

**(Panic Away can be downloaded in just 30 seconds for INSTANT ACCESS)**

What I really hope for, by offering this at a minimal rate is that you will let others know of the great results you achieve and help spread the word faster to any friends or colleagues that may suffer from a similar anxiety issue.

**(Unemployed , OAP's or Students [Click Here](#) to learn about our sponsorship**



campaign )

## So What Guarantee Do I Offer?

### **THE PANIC AWAY RISK-FREE 8 WEEK GUARANTEE**

You have NOTHING TO LOSE. Apply the system within 8 weeks, and if you aren't impressed, just email me saying "Refund Please" within 8 weeks and you

- Get all your money back
- Keep the bonuses! Including the \$150 worth of private coaching

**I am willing to risk my reputation and my time, because I am SO SURE you will be writing to me to thank me instead.**



*Testimonial*

**...I AM SO EXCITED I DON'T KNOW WHERE TO START**

I have just finished reading your book, and felt really good from the first pages...

I really don't know how to thank you, I have lots of friends and other people that have the same situation, and I will surely give them your address to visit this site and get the book. It's really a must for people having this anxious problem. I am ready to email any of your site visitors and tell them what happened to me.



Thank you so so much Joe, I really needed to read your book, and I'll do whatever it takes to help other people suffering form this problem  
God bless you for helping me, and believe me I don't know how to thank you.

My God I'm so excited and so happy.  
Joe, I will thank you all my life  
*Ralph El-khoury*

[Read our success stories here...](#)

**...your book is little short of amazing.**

Dear Joe ,

I do not even know how I found your book. it just popped up on the screen. I have suffered from panic attacks for the last 8 years and have been on medication every day for it. After reading your book I decided to try your techniqe. IT WORKED. -Your book is little short of amazing.



I am going on my second week, and feel great. Thank you, thank you.  
-spread the word to everybody this works!

Sincerely,  
*Aaron Oseroff*

[Read our success stories here...](#)

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If you are taking advantage of the special offer you can begin using the *Panic Away* program within the next 5 minutes!

The Online course can be very easily downloaded in one simple step. This means that you can get started straight away and begin eliminating panic and anxiety attacks this very moment.

**No exaggeration. Just an honest proposal:**

**What If By The End Of Today, You Were **Not Going To Ever Fear Another Panic Attack.****

Please do not make the mistake of dismissing this opportunity out of fear that it may be hype or Internet gimmick. If you have reservations let me put your mind at rest. I or one of my staff are more than happy to talk to you if you need reassurance, contact us [here](#). If the lines are busy leave a message and we'll get back to you the same day.

**Remember:** *Panic Away* has the largest collection of verifiable photo and audio testimonials for any anxiety treatment program online. If you can find any other anxiety program with a greater collection of authentic photo audio testimonials I will give you the entire course for free. Again, that is what sets this course apart from everything else you will find online. A proven track record of delivering hard to obtain results!

You really deserve to invest in yourself today **especially with this rock bottom price**. Allow yourself the opportunity to be truly anxiety free.

**Try It Now Risk Free!**



I look forward to getting a letter or email from you as soon as possible, telling me about your experience using the program for overcoming **panic attacks and acute anxiety**. Even though I get an enormous amount of e-mail, please don't forget to write. I'd love to hear your story!



*Joe Barry*

(Some of the above [testimonies](#) have kindly agreed to be contacted by e-mail should you wish to confirm their testimonials)

## An Important Note - If You're Still Undecided

If you suffer from anxiety and/or panic attacks but have still not ordered, you're probably hesitating for one of the following reasons.

[Check the Response that Best Applies to You.](#)

### **Reason #1: You are not sure that the course will work for your particular anxiety issue.**

Panic Away is designed to treat general anxiety and panic attacks. If your problem is in any way connected to this it will help you immediately overcome your problem.

-Your problem may be a bodily sensation that disturbs you

-A mental worry or repetitive anxious thought

-An everyday situation like eating out, speaking in public or driving on motorways.

Regardless of the situation, the course goes to the root of the anxiety problem.

There are so many different manifestations of anxiety related problems but the way to treat them still remains the same and that method is what you learn in Panic Away. If however you really need to be 100% sure the course addresses your unique anxiety problem [email us here](#) and we will be happy to help you further.

### **Reason #2: You are not sure about downloading a course over the internet.**

Downloading the course is the ideal solution to end this anxiety problem right now. No waiting for post to arrive. You access the information immediately and can do so from any computer you wish. The process of downloading is very simple, but if you have any problems we will help you straight away.

The course is 102 pages in length and the coaching is done via email. You have the option to read Panic Away online or print it off from any computer you wish. Bear in mind, it is the access to the "information" that is important in order to get the results you are looking for.

If you can surf the internet (as you are doing right now) you will be able to access the information no problem.

### **Reason #3: You are worried about how long it will take to implement the teachings found in Panic Away.**

Our course is designed to inspire you. It's broken down into easy, sequential steps with clear

directions to get you anxiety free. We get numerous emails from people who enjoy the straight forward and simple structure of the course. *"How could I have overlooked something so simple"* is what people write to us all the time.

There is no complicated procedure to follow. You will get through the entire course in a matter of hours and will be implementing the technique by the end of today. As stated before this is NOT a series of countless steps or techniques to follow. This is as described, a *One Move Technique™* that is simple to implement and profoundly effective.

If in the unlikely situation you feel 'stuck', or have questions on how to implement the technique in your life, I can personally guide you step-by-step through any hurdles or difficulties you may have.

***Personal attention comes with this course as a free bonus if you order today.*** No other online courses will give this level of personal attention to you! Simply email to schedule this.

**Reason #4: The course is not for you but a friend or family member.**

No problem. Simply email us after ordering and we will show you how to make the course available to the person you are buying it for. Alternatively you can print it off yourself and hand it to the person you wish to benefit from it.. Believe us there is no better gift you can give to someone than the tools to restore peace and confidence so that they too can live anxiety free.

**Reason #5: Will this work for my young child or elderly person?**

Yes the course works for people of all ages. You may want to print it off in a larger font size if there is a problem with eyesight in the case of an elderly person.

Where young children are concerned it is best you read and learn the technique yourself and then teach it to the young child in a manner you feel they will be most receptive. The technique is straight forward and easy to follow and has helped many people both young and old to end their anxiety issue.

Remember : You have NOTHING TO LOSE. Apply the system within the 8 weeks, and if you aren't impressed, just email me saying "Refund Please" within 8 weeks and you

-Get all your money back

- Keep the bonuses! Including the \$150 worth of private coaching



[Fair Enough?](#)  
[Click Here Now to Order »](#)



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