

Badass

Ways to
End Anxiety
& Stop
Panic Attacks !

"A counterintuitive approach to
recover and regain control of your life"

Die-Hard and Science-Based Techniques to recover from
Anxiety and Stop Panic Attacks

Badass Ways to End Anxiety & Stop Panic Attacks!: A counterintuitive approach to recover and regain control of your life

Geert Verschaeve

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"Managing" your anxiety and panic attacks belongs to the past. It's time to recover.

Most people who suffer from anxiety and panic attacks are told by their well-meaning friends, doctors, therapists and psychiatrists to "manage" their anxiety. Some are prescribed pills in an effort to calm their anxiety down. Breathing techniques, mindfulness and more are advised as well.

Needless to say, that isn't a very effective approach, and it never was.

Anxiety and panic attacks require a different strategy, a counterintuitive one. Left uncontrolled, anxiety tends to grow more and more because our amygdala (the anxiety center of our brain) becomes hyperactive and sees more and more to worry about.

This book will uncover science based and counterintuitive techniques that are designed to end unwanted anxiety and to stop panic attacks. They have been tried and tested both by the author Geert Verschaeve (who suffered from generalized anxiety and panic attacks for fourteen years) and the thousands of people who suffered from anxiety he has helped ever since.

The goal of this book is simple:

You'll get step-by-step plans on how to respond and what to think in the anxious situations that still frighten you.

You'll learn how to overcome "fear of the fear" and anticipatory anxiety.

We'll look at the different sensations anxiety can give to your body and how to deal with them.

You'll get a list of ingredients to avoid that increase anxiety and can cause panic attacks.

You'll discover how to stop "checking in" all the time, so you can get on with your life.

The recovery comes in four stages:

The first stage you will reach is the one where your intolerance to anxiety will be gone. You'll be participating in whatever it is that currently still makes you uncomfortable. You'll still feel some anxiety, but for many reasons that will become clear when you get there, the anxiety won't bother you. The fear of the fear will be gone.

Stage two appears when you'll partake in something that previously gave you anxiety, and you'll realize the anxiety and the accompanying sensations simply aren't there. Your anxiety may not be linked to locations or events, and in that case you'll just notice that you haven't had to think of your anxiety for some time. No checking in was needed.

This will be a very liberating moment, as I'm sure you can imagine.

Then, stage three arises. As you start to enjoy many activities again and can finally go on with your life, you'll arrive at a point where you will become aware of what's been happening: "huh...I haven't felt anxious for a long time. I don't even remember when the last time was. I've really been enjoying life again. Is it all really in the past now?"

Then comes a very important moment, stage four. This may be months or even years down the road. The moment that the anxiety tries to return. It will. Up until that instant you may have been living your life fully, with clear skies and sunshine every day. Then, a little cloud of anxiety tries to appear. That may sound scary, for now. However, since by that time you'll have finished this entire book, you'll know exactly how to respond and the anxiety won't take over. It won't be able to, because you cannot unlearn what you're about to learn.

Badass Ways to End Anxiety & Stop Panic Attacks!: A counterintuitive approach to recover and regain control of your life Details

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Elva Swift says

Badass

I loved this book. Straight forward, easy read. I am going to keep this book in my library and try out these methods. Just reading the book made me feel better, can't wait to start using what I have learned.

Blake Sabiston says

I Don't Have to Struggle?! NOPE!!!

After years of counseling, reading other books, blogs and websites it finally set in that I don't have to STRUGGLE with anxiety! Geert made it clear and applicable with ways to exercise the "muscle" that controls anxiety where it still is the alarm system our bodies intended it to be BUT NOT worrying about the false alarms know as panic attacks! I have been practicing his techniques and am happy to say I am making progress and am hopeful to be panic attack/anxiety free in the near future!!!!

paul bergeron says

Really helpful

Really well written... easy to understand... so relatable! Thank you!! Several tools for me to use with continued practice. Appreciate it so much.

Bdf says

Lays the foundation for recovery

Stop fearing your fear. It's that simple. It's that complex. Geert lays the foundation for recovery from anxiety but you have to put in the work. Do it.

Cassie says

Excellent book to read for those that are suffering from generalized anxiety disorder and panic attacks. This book was a lifesaver for me and gave me some great tips.

MissFairladyZ says

This is a great starting point.

Tara Messier says**Wonderful book!**

I really enjoyed this one. I suffer from anxiety and the ways mentioned in this book to end it really helped.

Lisa Briskey says

<https://hubpages.com/literature/Book-...>

Kristen Catton says**Best book for the treatment of anxiety!!**

I have suffered from anxiety as nd panic attacks for over 20 years. I had tried just about anything to get over them and nothing worked until I listened to Geerts audio program and read this book. PLEASE if you are suffering from anxiety disorder and panic attacks, invest in yourself and get his audio program and this book. It saved my life when I thought I would never be able to get over my anxiety and panic attacks and it will help you too!!

Sharon says**Great and different**

Highly recommend. Very different and affective approach. It comes from someone who has really experienced these symptoms

Loved this book. I am keeping it to read again and for future reference

Catherine Arne says**Excellent advice**

This is the first book on the subject I have read so I can't compare it to others, but I was impressed by his first hand experience and all the people he has worked with and helped. The explanations and suggestions made intuitive sense, and I can see them being effective (I don't suffer from anxiety myself).

Roberto Saucedo says

Good read

Very Good book about anxiety and how to overcome your fears. Definitely recommend the book to anyone suffering from anxiety.

Priya says

One of the better books on anxiety out there but woefully incomplete. Still, this will help you get a head-start on anxiety.

Melanie Louise McKenna says

Great book

I have had anxiety for 40 years and have done a lot of therapy. Therapy only got me so far. Therapists wanted me to do journaling which I hate. The author of this book gives actual techniques, and more than one, so you can do the ones that work for you. I was starting to figure some of these out for myself... but that took 40+ years. Wish I had found this book when I was 20! Give it a try, really try. It isn't easy but I started feeling results soon after I started.

Daniel Rodriguez says

It works and I'm living proof.

The techniques, when practiced, work. This book guides you through the vicious circle during anxiety that leads to panic attacks and finally to phobias. As I'm writing this I'm actually feeling a panic attack and I'm embracing it and riding it out just to see what happens next. See to it that you read cover to cover and spot check as needed. Definitely purchased the softcover as well. Thanks Geert V.
