

# **ANXIETY, PANIC & PHOBIAS ...THE BOTTOM LINE**



By Charles Linden

A free e-book from [www.panic-anxiety.com](http://www.panic-anxiety.com)

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## **ABOUT THE AUTHOR**

Charles Linden was 31 when, after nearly 10 years of suffering multiple panic attacks and extreme anxiety every day, he discovered that the answers were staring him right in the face and that, contrary to the belief of his medical practitioners, he was able to pull himself out of his condition quickly and effectively.

Transforming his life, Charles decided that so many other people could gain from his experiences and decided to publish his findings in a comprehensive programme which is available through his website [panic-anxiety.com](http://panic-anxiety.com).

His programme has been used across the world and has been hailed by users as 'A life changing god-send'.

## **DO YOU WANT TO KNOW HOW:**

- 1. Your mind can be released from your condition.** You will be able to expand your mental boundaries, move back into the 'real' world.
- 2. You can stop looking for answers in textbooks and on the Internet.** You will no longer feel compelled to find answers but tell people what **you** have learnt.
- 3. You will be compelled to go and try new activities.** Before you felt isolated and scared, now you will want to go out and discover new, amazing things to do and see.
- 4. Your emotional roller coaster is over.** The ride from hell is gone to be replaced by enjoyment, happiness and peace.
- 5. The sensations, aches and pains are gone forever.** Because the symptoms are no longer apparent or important you can stop focusing on them and move forward.
- 6. No more living in a dream world.** The compulsions, fear, sadness, frustration and anger that you once had is gone, replaced by positivity and an inner strength that you never knew you had. Stronger, fitter and more mentally capable than before. You have trained your mind to be powerful enough to produce dramatic sensations, now let us put that newfound strength to good use.
- 7. Better and more stable relationships.** Whether at work or at home, your interaction with others is more restrained and enjoyable. You don't upset them, they don't upset you. What a relief!
- 8. No negativity, being fed up or depressed.** Peaceful living where there was once trauma and heartache.

## **WHAT IS PANIC DISORDER?**

### **“Anxiety and panic attacks are abnormal reactions to normal situations”**

As modern human beings we have been plunged into a life of work stress, bill paying and other social stresses. If you look back over the last 100 years the lifestyle of the average person has changed quite radically. We are experiencing much higher levels of stress from sources that simply were not there 100 years ago.

The problem is that our physical makeup has not had enough time to evolve with these social stresses, to modify the physical and chemical make-up in order to function efficiently in such conditions.

Anxiety levels become heightened when situations arise which increase the levels of the hormone adrenaline in our blood. Adrenaline is released in order to prepare the body for what is commonly referred to as ‘the flight or fight’ response. This process has evolved in order to prepare the body for action when faced with danger and is vitally important for survival

When man lived in a far less advanced environment, in pre-history for example when we were not only hunters but also the hunted, we were the prey of many wild animals. If a mountain lion had jumped out on a prehistoric man a number of physiological changes take place to prepare the body to either fight or run, hence ‘flight or fight’. As nerve impulses are received by the brain alerting it to potential danger, the brain sends an instantaneous message out to the adrenal glands to release adrenaline into the blood stream. Various systems of the body are then affected in order to make the body faster, stronger and lighter. We have all heard the very coarse statement by people “I was so scared I nearly filled my pants” or “ I nearly wet myself”, both of which originate from a reference to the flight or fight response. OK let us go back to the mountain lion; in order to run away from it the body evacuates the bladder and the colon to make the body lighter and therefore faster. Water is soaked up by the body making the mouth dry, the largest organ of the human body, the skin, and turns pale as blood is diverted from it to internal organs and the muscles. Blood used to collect absorbed nutrients from around the intestines is diverted too, causing the digestion to be slowed, the feeling that accompanies this is often described as butterflies and can also manifest itself as nausea or indigestion. The body starts to sweat in order to cool down and muscle tension causes the body to shake. The senses become sensitised, the pupils dilate to become more effective at seeing finer movements, and the hearing is sensitised

to hear quieter noises. The heart pumps blood around the body faster to supply the muscles with oxygen, it appears to skip beats as more adrenaline is introduced.

As these processes spring into action the body is prepared for battle or to run. The lion pounces and the body reacts running as fast as possible, eventually climbing a tree and escaping the danger, all of the adrenaline has been used up, the heart rate slows and the body returns to normal. Ok now imagine the same scenario but this time the mountain lion in the bushes turns out to be a rabbit, the body calms again but this time the adrenaline has not been used up by running or fighting. The adrenaline level in the blood is now higher. Now assume that this happens regularly, as time goes by the body becomes accustomed to a higher blood adrenaline levels.

This is precisely what happens to the body in modern life. The road rage, money worries, fighting kids, job pressures and credit card bills of modern life increase levels of adrenaline in the blood. The body is in a constant state of arousal, ready for "fight or flight". Some people can cope with this increased arousal, some people actively pursue it by partaking in dangerous sports such as bungee jumping or parachuting, but they seem to have a higher 'normal' adrenaline level.

Panic disorders usually develop as a response to the fear of having a panic attack. This is almost a vicious circle as the sufferer then starts avoidance techniques in order to control anxiety-provoking situations, phobias develop and the disorders worsen.

## **ANXIETY DISORDERS**

There are five major anxiety disorders; you may experience one, two or more of these conditions at any one time. The five disorders are:

Generalised anxiety disorder

Panic disorder or panic attacks.

Social anxiety or agoraphobia

Posttraumatic stress disorder

Obsessive-compulsive disorder

## WHAT ARE THE SYMPTOMS

**Panic attack-** *a sudden or intense fear, anxiety or sense of impending doom, which reaches a peak very quickly. (Usually within a few minutes of it starting).*

There are now known to be three types of panic attack, these are;

**Spontaneous panic-** Associated to panic disorder these attacks come without warning at any time regardless of location or situation. This sort of attack does not need an external catalyst to start it. Spontaneous panic often happens during sleep, waking the sufferer in its throws causing the person to think they are having a heart attack or similar. Panic attacks happen consciously as a response to an unusual sensation. In other words, when unusual sensations, which are common in anxiety disorders, suddenly rear their heads the sufferers immediate reaction is to panic. This reaction starts a downward spiral of anxiety symptoms, the more symptoms there are, the more the person panics and the more they panic the more the symptoms occur. Fear breeds fear.

**Specific panic attacks-** these attacks happen in relation to a specific situation or place, which cause fear. These attacks are usually the response to agoraphobia or post traumatic stress disorder where revisiting the site of a car crash could form an attack, for example.

**Situational panic-** although these attacks, like specific panic attacks, usually happen in certain situations, they are not caused by that situation. For example a woman who has a panic attack on a bus, may only suffer them in that situation occasionally. She is predisposed to having attacks on the bus but it is not a response to fear of the bus.

Experiencing the presence of at least four of the symptoms listed below can identify Panic attacks. If you feel suddenly very anxious with fewer than four of the symptoms, what you are experiencing is called a limited symptom attack. Limited symptom attacks happen more often when someone is on the road to recovery.

- 1 Rapid heart beat, pounding heart or palpitations
- 2 Sweating
- 3 Shaking visibly or inside

4 Choking sensations

5 Smothering or shortness of breath

6 Chest pain or discomfort

7 Nausea or abdominal discomfort

8 Dizziness or unsteadiness

9 feeling light-headed

10 Derealisation (feeling unreal)

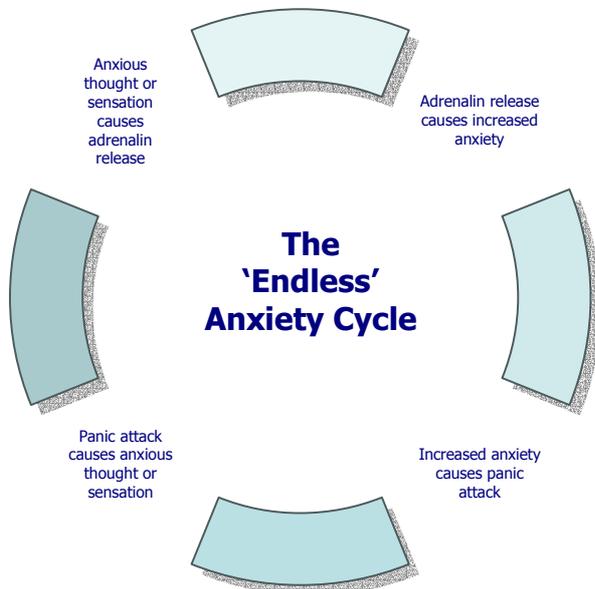
11 Depersonalisation (Feeling detached from oneself)

12 Fear of losing control or going crazy

13 Paresthesias (numbness or tingling sensations)

14 Chills or hot flushes

## THE ANXIETY CYCLE



The Anxiety Cycle is the cycle of behaviour which controls every single anxiety sufferer in the world, without exception!

My programme will show you how you can blow this cycle apart, quickly, efficiently and permanently, allowing you to become free from anxiety, completely well AND stronger than ever before.

### WHAT CAN I DO TO STOP THIS ENDLESS CYCLE?

Only you have the ability to cure you, but you have to be equipped to do it. Being equipped involves learning how to:

#### **Understand the condition**

Understand the physical and psychological reasons for the emotions and sensations you are experiencing, but do not dwell on them.

#### **Understand your limitations and the barriers to improvement**

Your reasons why you are holding back whether they are:

- Tiredness
- Self image

- Doubting your inner strength
- Fear of the new
- Lack of knowledge about the skills you would need

Understand that there is never a good time to start the journey to wellness. If you want anything in life, just take it, HERE AND NOW! Don't pause for thought, don't psyche yourself up, just reach out and take it.

### **Redressing negative and inappropriate thought patterns**

Learning new techniques of dealing with negative thoughts and feelings. This is like switching on a light bulb when you have understood and mastered how to do it. Some people say that it is as surprising and immediate as their first panic attack.

### **Be realistic about your goals**

Setting goals that are achievable without the need to be disappointed if you do not achieve them. Set short, medium and long term goals. You may have to adjust them slightly but you will attain them. Use exciting activities such as holidays, births or Christmas for example as milestones in your goal plan.

### **Improve the physical you**

Consider a gentle table of exercise to improve your physical wellbeing.

### **Swap unwell for well**

Make this radical change without fear or discomfort.

### **Be prepared for the changes that are about to happen**

Some people have spent so long being unwell that they have actually forgotten how to act when they feel well.

Doctors and psychologists can advise you, they can give you medication that may temporarily change the way you feel but when the medication is removed it can cause rebound anxiety and immense distress to the anxious person causing them to feel ill and scared.

Healing yourself using powerful, proven and drug free methods is the only answer and it can be done, thousands of people from all corners of the world are testament to that.

## **BREATHING**

Like all well-oiled machines the human body requires fuel to function and this be supplied to us in two forms, food and air. I will discuss the roll of foods in anxiety later. As we all know air quality is vital in the health of human body, polluted, smoky or stale air can lead to a variety of health problems. The lungs and respiratory passageways are efficient at filtering much of the larger impurities out of the air we breathe but cannot assist us with breathing technique. What must be remembered is that the respiratory system has two functions, not only to inhale fresh air but also to exhale the by product of respiration, carbon dioxide.

It is very easy during times of stress to neglect correct breathing. Subconsciously our autonomic nervous system - the part of the nervous system responsible for carrying out the automatic bodily responses like breathing, digestion and brain activity - becomes affected by muscular tension and other stress reactions, altering the breathing patterns we take for granted.

These changes are not dangerous but are enough to upset the normal body chemistry associated with good health. As blood oxygen and blood carbon dioxide levels fluctuate under stress, certain systems become affected causing sometimes quite severe and disturbing symptoms; these are visible as panic, anxiety and stress. The symptoms associated with bad breathing are numerous and include, dizziness, shortness of breath, pins and needles, pains in hands, feet and muscles, pain over the heart and shaking to name a few.

The autonomic nervous system works because it is a totally involuntary set of nerve impulses which regulates a multitude of body functions without having to involve your conscious thought, whether you are awake or asleep your body carries on carrying out these functions. Now add stress and your body mechanism is disrupted, its daily blueprint is altered like a clock that is running too fast. The breath becomes shallower, this is recognisable as shorter breaths which expand the chest above the diaphragm, (the sheath of muscular tissue which lies at the base of the rib cage across the chest cavity), but leaves the stomach still, this is called hyperventilation. The breath also becomes quicker and this combined with shallow breathing results in imbalances of oxygen and carbon dioxide levels in the blood. What we have to do now is re-set the clock, retrain our bodies and slowly move the correct breathing technique back into place. This is not as difficult as it sounds.

During hyperventilation you might find you are experiencing some pretty scary symptoms and could be leading to a full-blown panic attack. There is a quick and effective way of preventing the attack developing. You will need a paper bag, do not use a plastic bag. Take a long deep breath out and place the bag over your nose and mouth, breathe gently in and out re-breathing the used air in the bag, which is carbon dioxide rich. Re-breathing the used air will redress the imbalance of carbon dioxide in the blood and stop the symptoms from worsening. This technique must be practiced however and will become more effective the more you practice.

## **LIVE LIFE TO THE FULL**

Don't compromise on life, you don't need to! Life is there for everyone to use as they wish, it is a gift that can be whatever you want it to be. Do not allow other people to tell you how you should be living, what you should be doing or saying.

You are the master of your own destiny. If you don't like something, don't do it. If someone is making your life unpleasant, either confront them or discard them.

Some people and situations have the ability to disempower you, to suck your life energy right out of you. They can only do this when they are near you so distance yourself from them either mentally or physically.

Do not allow yourself to settle for second best, this is not a rehearsal, life is a one time only opportunity.

Don't sit at home and wait to be well, do something about it now.

Do not under any circumstances, continue to try and control your environment. Don't manipulate your life to fit around your condition, only you lose out!

Doesn't it make more sense to control how you react and feel about a situation than to try and change the situation...It's so simple! Instead of trying to manipulate the people and events in your life, learn how to manipulate how you perceive and react to them change your internal environment instead of your external one so that you can enjoy life and **not fear it**.

## **CONTINUITY**

By redressing imbalances between perception and reality, you can mend all that is broken in your life. You can turn the clock back to when you were well and re-enter 'normal' life.

If you start to slip back into old habits, to pick up where you left off, then you can start to experience the same old symptoms and emotions. By following a set of life rules you can avoid this from ever happening.

Remember the old adage:

**IF YOU DO WHAT YOU ALWAYS DID, YOU GET WHAT YOU ALWAYS GOT!**

## **THE CHARLES LINDEN METHOD**

So what is so special about my programme? That is simple, my method is unique, you will never find another anti-anxiety programme that includes the elements, techniques, exercises and level of support, reassurance and information that you will receive from me. The programme is the culmination of 10 years research, first hand knowledge, one on one training, experiential success and copious amounts of reassuring bed side manner.

I pride myself on providing fellow anxiety sufferers the support, reassurance, information and practical advice that they need without medical jargon, frightening medical facts or padding. This programme is THE only solution to anxiety and anxiety related disorders and it is completely natural, very gentle and very powerful indeed.

Here are a couple of testimonials from past programme members-

" I was housebound, scared and alone, my sister found the Charles Linden Programme whilst sitting in a doctors surgery and thought I should give it a go. I was sceptical at first, but my god am I glad I tried it. Charles' ability to reassure the programme members is incredible, just reading his story filled me with hope and reassurance as well as trust of all that he says."

Loise Allsop. Skelmersdale.

" If you only ever buy one anxiety programme, this is the one. It makes all the others so redundant".

Peter Fisher. Redditch.

"Charles, I am in the third week of the programme and just wanted to let you know that I am doing so much better. It looks like I can be well again a you said. I will keep you informed of my progress."

David Haywood. Kew.

"Charlie, just wanted you to know that my girlfriend is going to have our baby! I am not scared at all, in fact I can't wait. Just wanted you to know."

Keith Mason. Petalluma.

## **CONCLUSION**

**Being honest with yourself about your true feelings, the true reasons for being the way you are, for thinking the things you think, for living the way you do.....I know how you feel, I know how you think, I know the tricks you play on yourself and others to avoid situations, to avoid being scared.**

**It does not have to be this way. You have it in you to be well again, to enjoy life to the full.**

**You have the power in you to walk out of the front door of your house and do anything you want to do.....you just need to be told how. You have the will and the tools are waiting to be picked up and implemented.**

**You will soon realise that your potential for wellness is very, very close.**

**I wish you all the very best on your journey and look forward to corresponding with you.**

**Best wishes**

A handwritten signature in cursive script that reads "Charles Linden".

**Charles Linden**

**[Click here to stop your Anxiety Cycle NOW!](#)**

**[www.panic-anxiety.com](http://www.panic-anxiety.com)**