

Published based on [A Good Alternative For Anxiety](#)

# **A Good Alternative For Anxiety**

Many people suffering from panic attacks have tried to no avail medications, self help programs, and even professional help. PanicAway is a program conceived and developed by Barry Joe McDonagh to take the [panic away](#). McDonagh once suffered himself from generalized anxiety disorder and now has developed a technique whereby you can naturally and inexpensively rid yourself of anxiety attacks for good.

By following the guidelines set forth by McDonagh in PanicAway, you will be able to face the onset of an attack with not only knowledge of how it works but also how to prevent it from happening in the first place. That is one important distinction between this program and many others; it does not just teach you how to make it through an attack, but also how to prevent them from happening.

Though many people are convinced that help for panic attacks is either extremely expensive or will take up a lot of time, with [PanicAway](#) it does not have to be either. By appropriately following the One Move Technique established by McDonagh, the process gives almost immediate results. This will save money in repeated visits to a psychiatrist and has the added benefit of being certain to work. For panic attacks, help could not come in a better package.

The way that PanicAway is so effective is it's focus on the mental aspect of anxiety. By focusing on mentally preventing the attack, you are attacking the problem where it starts as opposed to focusing on breathing techniques and how to make it through an attack, which does not prevent another one.

During an anxiety attack the part of the brain that handles logical thinking and reasoning, the frontal area, is less active. The middle part of the brain becomes more active which handles the survival instinct. This natural physical reaction can obviously make it even harder to calm back down and stop an attack. This is why it is important to take preventative measures as opposed to simply reactive ones and it is with this in mind that PanicAway was invented.

PanicAway is a good program that can teach you how to deal naturally with panic attacks. Help like this could be expensive, but because McDonagh was once himself in desperate need of some effective system to take the panic away from the debilitating attacks, you can now get help for panic attacks at a reasonable price. Best of all is that it is very effective. He even offers a money back guarantee.

You can also find this article published on [A Good Alternative For Anxiety](#), and on the tag pages [anxiety and panic attacks](#), [panic](#), [panic attack cure](#), [panic bipolar](#), [symptoms of panic disorder](#).