

Title:

Are You Free of Panic Attacks?

Word Count:

378

Summary:

While they can be caused by a number of things - heredity, biological forces, even exaggerated

Keywords:

panic, panic attack, medications, therapy,

Article Body:

You may not realize it, but you may suffer from something that can take over your whole world

Panic attacks are debilitating. One moment, you're living your day to day lifestyle and the next

While they can be caused by a number of things - heredity, biological forces, even exaggerated

The symptoms of a panic attack are obvious enough: the rapid heartbeat, difficulty breathing,

The best course of action for panic attacks would be to talk to your doctor, who can prescribe

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