

Title:

Is What You Feel A Panic Attack?

Word Count:

368

Summary:

Your heart pounds, your palms sweat, you start shaking, you get short of breath. You experienc

Keywords:

Article Body:

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No one really knows what causes a panic attack to come on. Some medical professionals say that

Some professionals have broken down panic attacks into three distinct types, spontaneous, spec

Some people suffer from a panic attack only once. These may be panic attacks which are brought

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