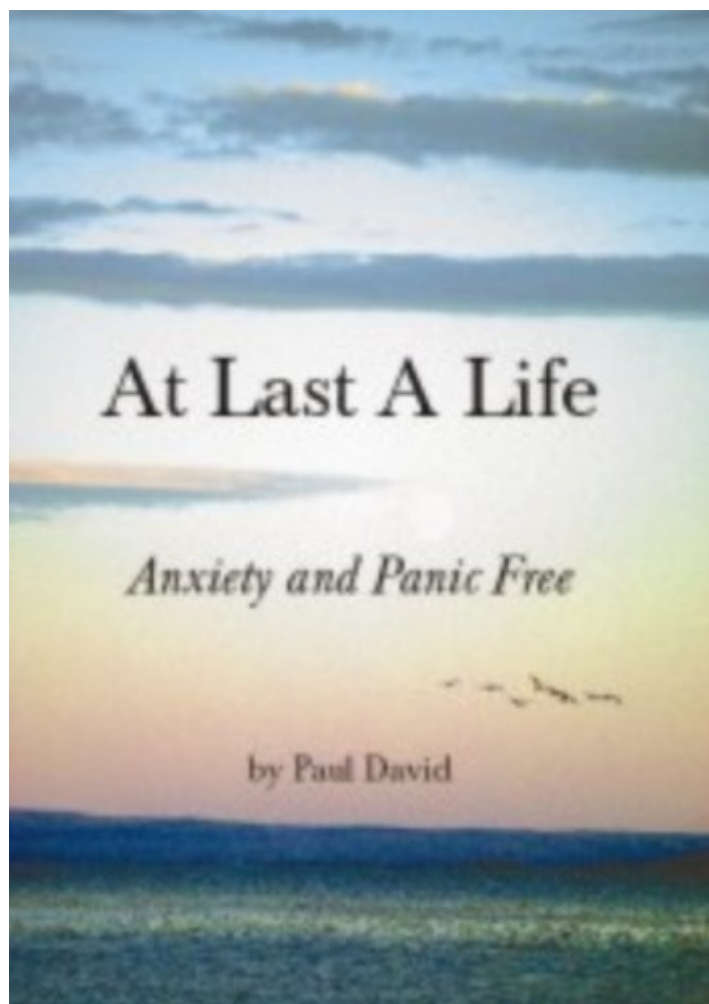


The book was found

# At Last A Life



## Synopsis

The complete and natural cure for anxiety and panic issues. At Last a Life is my own experience and recovery through anxiety, panic and depersonalisation. One of my main aims in writing this book was to make it as easy as possible to read and understand; to get my message across from a sufferer's point of view and dilute all the jargon that you may have found hard to understand in the past. I also felt strongly that I had something else to say than had been churned out before, mainly by people who had never actually been through it. Every common symptom is explained in the book, not just the anxiety, but also, the feelings of unreality, the racing thoughts, feelings of dread, lack of confidence, depression, the constant worry cycle and many more symptoms that I have come across over the years. The book has had huge success around the world and is often referred to patients by doctors and therapists alike.

CONTENTS

Chapter 1: My Story  
Chapter 2: So what are these feelings I feel?  
Chapter 3: The breakthrough  
Chapter 4: Understanding Anxiety  
Chapter 5: Give Up the Fight  
Chapter 6: Panic attacks explained  
Chapter 7: Understanding Feelings of unreality  
Chapter 8: Scary Irrational Thoughts  
Chapter 9: Other symptoms explained  
Chapter 10: We Need One Route  
Chapter 11: Born to Worry  
Chapter 12: Some Final Points  
Chapter 13: Coming through Depersonalisation  
Chapter 14: Frequently asked questions  
Chapter 15: Summary

## Book Information

File Size: 504 KB

Print Length: 176 pages

Publisher: Anxietynomore (March 18, 2012)

Publication Date: March 18, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B007MEMDOS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #48,082 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Stress Management #54 inÂ Books > Self-Help > Anxieties & Phobias #181 inÂ Books > Self-Help > Stress Management

## Customer Reviews

I can say that the state of mind I was in was horrible! I have never experienced anything like this or even knew anxiety can have such a huge impact on your life. When I found his website and read the book, I cried. At last, I had an explanation that even a doctor could not tell me. I loved it so much, I purchased three and gave them to friends who I knew who experienced anxiety as well. I highly recommend this book to a sufferer of anxiety. Just when you think this monster called "Anxiety" has robbed you from your personality, you then see a light at the end of the tunnel. God bless.

This book explains anxiety extremely well. When you buy this book, you have to give up all other methods of 'controlling' or 'reducing' anxiety, because you learn that it is the trying to control it that is preventing you from leading a normal life. You can apply this book to many symptoms and types of anxiety. I found the book especially helpful for the strange symptom of 'depersonalisation' that anxiety can bring - feeling weird, unreal etc. There is no other book or literature that I have found which explains this harmless symptom so well and how to deal with it. Yes the book is very repetitive, but it needs to be to reinforce certain points. Recovery is a very slow process, because it is about re-training your brain long-term. But recovering like this is the way to have a complete recovery and makes you less likely to suffer in the future from anxiety problems, as you know how and why you got there before. I would strongly recommend this book to people who suffer from anxiety and who are bewildered by their strange and scary symptoms. So many people recover fully using methods written by this author, you just have to be willing and open to change.

This book has really helped me break the cycle of worrying about being anxious, which always caused me to be more anxious! It has given me permission to sit with my feelings instead of running from them. And by reading other people's stories, it has helped me feel not so alone and realize I am not crazy.

I read this book during a time of high anxiety. It made me cry. The words the author wrote were feelings I was experiencing. The suggestions to decrease my anxiety worked. When you are going through a period of anxiety it feels comforting to know you are not alone. I would recommend this book to anyone with anxiety issues.

The information in this book has absolutely changed my life. I have spent years with debilitating,

agonizing anxiety that often times had me wanting to end my own life. This book showed me what was happening inside of me, explained things in clear concise terms and dispelled all the illusions anxiety creates. I highly highly recommend this for anyone with anxiety issues. I have my life back.

I bought this book because of my anxiety. I have been battling it since childhood and, while it got somewhat better as I got older (I'm 61), I heard about this book and bought it after the problem overwhelmingly came back at the failing and devastating grief of losing my 91 year old Dad.

AMAZING how this works!!! I have used the information in this book for many other things in life besides anxiety and these principles work like a charm! This is a **MUST HAVE** book for anyone suffering any amount of anxiety! **EXCELLENT** author!!

I have been suffering from GAD severely for the past 4 months. I'm 23 years old and lead a pretty normal life as I'd like to believe. After a severe panic attack I was thrown into a derealization state and haven't returned yet. This book has taught me to not fear my symptoms and to continue living which has been hard to do. As Paul says, the book will not help you to recover overnight but it did help me to change my perspective on anxiety and it's symptoms. I'm trying my best to be "friends" with this vicious thing so I can continue to my recovery. If you deal with anxiety and it interferes with your life please read this book! I will be referring back to it regularly. We are all on our road to recovery.. Peace and love to you all.

If you are like me and have grown tired of feeling anxious and panicky, this book is as good as it gets. Paul David has **CLEARLY** been around the block. You'll cry at some points and laugh at others because you'll relate so closely! He doesn't bog you down with medical jargon or empty "power of positive thinking" messages. He's just blunt, honest, and sometimes harsh. If you're a sufferer, you might need a bit of harshness! In conclusion, no book I've read has better represented the inexplicable torture of anxiety. He gives hope and you will feel comforted after realizing others have gotten through to the other side of this tunnel!

[Download to continue reading...](#)

The Rookie: Book 2 Last Play Romance Series (A Bachelor Billionaire Companion) (The Last Play Series) Not on the Last Day, But on the Very Last: Poems World of Trouble: The Last Policeman Book III (Last Policeman Trilogy 3) Countdown City: The Last Policeman Book II (The Last Policeman Trilogy) Jorge Luis Borges: The Last Interview: and Other Conversations (The Last Interview Series) Last Days of Last Island: The Hurricane of 1856, Louisiana's First Great Storm Life

Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Will Puberty Last My Whole Life?: REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition IBS-Free at Last! Second Edition. Change Your Carbs, Change Your Life with the FODMAP Elimination Diet Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Cleopatra: The Life and Lovers of the Last Pharaoh and Queen of Egypt The Klondike Fever: The Life and Death of the Last Great Gold Rush The Last Viking: The Life of Roald Amundsen (A Merloyd Lawrence Book) The Last Playboy : the High Life of Porfirio Rubirosa Heroes on Horseback: A Life and Times of the Last Gaucho Caudillos (DiÁlogos Series) Heroes on Horseback: A Life and Times of the Last Gaucho Caudillos (Dialogos) Life: 100 Events That Shook Our World : A History in Pictures from the Last 100 Years At Last A Life

[Dmca](#)