

No, you're NOT losing your mind. Yes, you CAN get your life back.

Are you one of the tens of millions of people who suffer from panic attacks and extreme social anxiety? Most of us who live this ongoing nightmare somehow manage to hide it from our friends, family, and co-workers. Our reality is living every day constantly on edge, isolated and fearful, worried the worst will happen.

Before you medicate. . .

Common treatments for panic attacks include powerful prescription drugs that not only leave you dazed and confused, often they don't control the panic. Just ask Steve Pavilanis, who lived through all stages of anxiety—from worried to completely whacked out—and endured repeated failed attempts at treatment. Now fully recovered and thriving without panic, he's created a hopeful, helpful guide for freeing yourself from the daily terror and life-constricting impact of panic attacks and social anxiety—without drugs.

YOU WILL LEARN TO:

- Control scary and obsessive thoughts
- Calm yourself in any situation using proven mental and physical techniques
- Avoid faulty thinking traps and understand that you are in control of your actions
- Feel good and relaxed without substances
- Use meditation to quiet your mind and gain perspective
- Face and overcome your fears and achieve more freedom in your life

STEVE PAVILANIS

never saw it coming. He was a normal guy, successful and enjoying his life, until he suffered his first panic attack. He knows what it's like to lose yourself to panic and worry, and your spirit of confidence, freedom, and adventure to an ever-shrinking prison of your own making. With great determination, research, and trial and error, he has taken his life back, returning to a healthy state of wholeness and optimism. He now helps others through their struggles with his website and blog.



Ready to get your life back?

Learn how at

www.ALifeLessAnxious.com



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A LIFE LESS ANXIOUS

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A Life Less Anxious is genuine and practical. In a day and age where we "medicate first and ask questions later" it is great to have a resource to help people deal with their anxiety using proven techniques . . . I highly recommend this book!

—TIM URSINY, PH.D., Founder, Advantage Coaching & Training and author of *The Top Performer's Guide to Attitude, The Confidence Plan and The Coward's Guide to Conflict*

A LIFE LESS ANXIOUS

Freedom from panic attacks
and social anxiety without
drugs or therapy

STEVE PAVILANIS

Includes the author's self-proven solutions to
constant worry, isolation and depression

