


# Dare: The New Way to End Anxiety and Stop Panic Attacks

*By Barry McDonagh*

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**Dare: The New Way to End Anxiety and Stop Panic Attacks** By Barry McDonagh

***'EVERY ONCE IN A WHILE A BOOK COMES ALONG THAT COMPLETELY TRANSFORM THAT FIELD -THIS IS THAT BOOK FOR ANXIETY'***

**There's a new and faster way for anxiety relief, but few have ever heard it. Most people are advised to either just "manage" their anxiety or medicate it away.**

**If you're tired of just managing your anxiety and want a powerful natural solution, then apply the 'Dare' technique as explained in Barry McDonagh's latest book.**

**Based on hard science and over 10 years helping people who suffer from anxiety, Barry McDonagh shares his most effective technique in this new book. The DARE technique can be used by everyone, regardless of age or background, to live a life free from anxiety or panic attacks.**

**In this step-by-step guide you will discover how to:**

- Stop panic attacks and end feelings of general anxiety.
- Face any anxious situation you've been avoiding (driving/flying/shopping etc.).
- Put an end to anxious or intrusive thoughts.
- Use the CORRECT natural supplements to relieve anxiety.
- Boost your confidence and feel like your old self again.
- Fall asleep faster and with less anxiety each night.
- Live a more bold and adventurous life again.

**IMPORTANT: THIS IS MUCH MORE THAN JUST A BOOK**

**It also comes with a free App for your smartphone as well as four audios for quick anxiety relief. With these new tools you can apply the DARE Response in any situation that makes you anxious (e.g. driving/shopping/traveling). Help is now just a click away. You can learn more at:**

**http://www.DareResponse.com**

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### Dare: The New Way to End Anxiety and Stop Panic Attacks By Barry McDonagh Bibliography

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