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# **Anxiety Attacks Treatment - the 3 Main Treatments and What to Expect That Just May Shock You**

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Suffering with anxiety attacks is simply not necessary. And shocking as it may seem, simply learning to "cope" with the sudden onset of anxiety, and panic attacks is the worst thing you can do for your life.

The simple fact is that the longer you let these attacks go on the surer you are to develop anxiety disorder, whereby your life's decisions are ruled by the fear of another attack.

### **Imagine**

Making appointments or socializing with people and never fearing you might have to leave unexpectedly half way through.

Feeling confident to fly ,drive or travel by any means you choose without concern.

Being free from unsettling thoughts that can control your mind.

People are finding the cure for the problem of anxiety attacks, but more on that later. Right now lets cover what the common treatments are for an anxiety attack.

For the most part you will find 2 main types of help for panic attacks. Drugs and therapy. Lets go over each and see the benefits and shortcomings.

### **Anxiety Attacks Treatment #1 - Anti-Depressants**

Anti-Depressants are usually prescribed by doctors because they believe that the underlying cause of a panic attack is depression. They will often prescribe these drugs:

Tofranil

Norpramin

Pamelor

Elavil

Adapin

Anafranil

Effexor

These drugs are in fact used for a wide range of psychological disorders such as OCD, panic, or generalized anxiety. And any medical doctor will tell you that these medications are not able to be used as a long term solution to anxiety disorders and panic attacks. They are quite simply a band-aid.

### **Anxiety Attacks Treatment #2 - Anti-Anxiety**

Doctors will prescribe anti-anxiety meds as a stop-gap or quick term solution for the immediate reaction to anxiety. The most common prescriptions are:

Klonopin

Xanax

These two drugs have taken first place on the anxiety prescription list and they were designed to replace the rather addictive Valium. Again the short-coming to these drugs are that they are not permanent solutions but only stop gaps.

### **Anxiety Attacks Treatment #3 - Therapy**

While it is clear that medications are not a permanent solution to anxiety disorder and panic attacks, most doctors will chose them as the first move, some will then go one step further and recommend therapy of some type.

CBT (Cognitive Behavior Therapy)

Psycho-Therapy

Meditation

NLP

The positive thing about therapy is that it is getting closer to the root of the problem, since anxiety and panic are indeed psychological problems. Yet, for most they do not solve the problem they only give coping tools, for others the solutions do not come quick enough.

### **Cure Anxiety Attacks**

The good news is that many people are stopping panic attacks for good by simply understanding how a panic attack, and anxiety attacks are created. By having this understanding they can simply "de-construct" panic attacks for good.

It is fast, simple and permanent.

To find a genuine [anxiety attacks treatment](#) that has proven successful for over 24,000 sufferers, simply [Click Here](#)

Official Music Video for Tame One's "Anxiety Attacks" from the forthcoming digital only album "Acid Tab Vocab" Available June 23rd on [www.AmalgamDigital.com](http://www.AmalgamDigital.com)

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