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# **Quick Check - Are You Having Anxiety Attack Symptoms? Find Out In Under A Minute**

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If you are reading this, there is no doubt you are looking for answers. You have probably been having spells where it has been hard to breathe and you have felt your heart racing. Maybe you have even been to your doctor or gone to the emergency room because you thought you were having a heart attack.

But these strange spells always leave on their own and the doctor cannot find anything physically wrong with you.

At some point you have to wonder. Could this be anxiety? What are the symptoms of an anxiety attack?

It starts simply enough, you are going about your day and for a few moments, you start to feel 'off' somehow. It is really a hard feeling to describe and it is different for everyone. Some people may not even notice it at all because it does not last long.

It is soon taken over by a change in temperature. Normally you start to feel hot, but some people become cold.

Your hands will start to tingle. And your heart will start racing.

You may start to feel nauseous about this time too.

For most people, the worst symptom comes last. The feeling that you cannot breathe. It almost feels like you cannot take in any air, and it can be nothing short of brutal.

Within minutes, you will have all of these symptoms going on at once and there is no telling when they are going to stop.

Unlike panic attacks, anxiety attacks can last up to a few hours or days.

All you want to do is tell someone, get some kind of help, but you are not able to speak, it's like you are a prisoner in your own body.

But if you are reading this, you already know that.

Do you know how to **Stop Anxiety Attacks**?

Discover How to [Reduce Anxiety Attacks](#).

Then take our Free Course on Coping with Anxiety attacks at <http://www.overcoming-panic-attacks.info>

Dealing with panic and anxiety is hard. Facing what makes you anxious seems even harder. Learn the difference between panic and anxiety attacks and your natural panic/anxiety cycle as well as symptoms of an attack.

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