

Pocket Panic Buster



Sometimes we can get overwhelmed with a negative emotion. It might be as all out as a panic attack or anxiousness, nerves or even anger.

This download is just an MP3 file that can be put on any device. If you put it on your phone it means that you can listen to it either before an event that would usually have made you anxious, or even in the middle of a panic attack. Listening to this download will allow you to get on with your day in whichever way you want to.

Listening to it along with the relaxation track can be useful to keep you balanced each day and the more you listen, the more you are likely to learn the techniques you need in such a way as you can draw on them whenever, without even needing to listen to the download.

Buying this download is a one off cost. Once purchased the file is yours to use as many times as you want on as many of your own devices as you need to.

Anyone else wanting to benefit from the download will need to purchase their own copy.

Thank you for buying the Pocket Panic Buster

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"Nothing needs to be the way it's always been"