



Trust And Live Without Panic

Silvia Araya

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Panic attacks are more common than they are thought to be. Millions of people suffer from them every day and don't even know it. Many of these people suffer in silence, for they fear what others may think of them. It's time to look back inside ourselves and remember who we really are: light and love. With this little book, I would like to take you to the journey I had to make through very dark places, in order to understand all of those who are passing through those gloomy caves as well. I hope that my experience helps you find your truth and see panic attacks as a great teacher dressed up in a strange costume.

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