



**Press Release Contact Information:**

Peter Johnson  
Pkorbs PTY LTD  
Director  
E-Mail: [Email us Here](#)  
Website: [Visit Our Website](#)

**Panic Attack Treatment Website Launches**

*There are various online panic attack treatment courses available, such as Panic Away, which have produced real and surprising results. There are various reasons why seeking anxiety attack help online can prove to be a better option for some.*

/24-7PressRelease/ - SYDNEY, AUSTRALIA, May 09, 2008 - Pkorbs today launched its panic attack treatment and anxiety attack help website <http://www.anxietyattackcures.com>. There are various online panic attack treatment courses available, such as Panic Away, which have produced real and surprising results. There are various reasons why seeking anxiety attack help online can prove to be a better option for some.

People who suffer from a panic attack or similar anxiety disorder often tend to simply accept it as their fate or something they can manage. This is a major mistake however. An anxiety disorder can have a terrible burden on the sufferer- they may need to take time of work or may even become housebound. Acceptance of the issue is the first stage of any reputable panic attack treatment. As Donna Henry, contributor to The Dutch Harbor Fisherman states "Anxiety becomes an issue when it interferes with what you are doing or want to do".

Many sufferers of anxiety & panic attacks resort to online anxiety attack help as it provides the opportunity to manage the treatment in a personal environment. Some panic attack sufferer's can feel threatened and intimidated by 1 on 1 counseling. It will obviously depend on the person seeking the panic attack treatment.

A final benefit of online anxiety attack help is that it requires no medication. Far too often you come across the case where someone suffering from a panic attack or anxiety attack is prescribed medication such as Xanax, and this completely disrupts the chemical balance and exacerbates the condition.

A basic premise to understand about how to stop a panic attack is that it is actually the fear of the attack happening which is what causes the attack itself. It becomes a vicious circle like feeding a fire with oxygen. If you can face the fear, you will remove the occurrence of a panic attack. As David Atkinson, contributor to the Los Angeles Chronicle states, "The anticipation of a panic attack starts the wave cycle of anxiety in motion. The foundation of a future panic attack is laid hours before you actually experience one".

The newly launched <http://www.anxietyattackcures.com> website provides visitor's with reviews of the best panic attack treatment and anxiety attack help courses available currently online. Courses, such as Panic Away, show users how to stop a panic attack or anxiety disorder in the privacy and comfort of their own home. Furthermore such courses provide anxiety attack help and panic attack treatment, without the need for any form of medication.

To learn more, please visit:

<http://www.anxietyattackcures.com>