

Barry McDonagh's Panic Away: Review Reveals Panic And Anxiety Attack System

Summary: DietsAndFitnessGuides.com releases a Panic Away review examining Barry McDonagh's popular Panic Away system which intends to bring relief from panic attacks and general anxiety attacks.

"Our Panic Away review reveals many interesting facts about Barry McDonagh's Panic Away program that have been left out of the other Panic Away reviews we've seen," reports Vince Delmonico from DietsAndFitnessGuides.com. "This is a serious topic and we wanted to understand just what this system is all about and whether it can really provide relief to those suffering from debilitating panic attacks."

The Panic Away Program was created by Irish native Barry McDonagh. The program was first published in 2001 after McDonagh completed his undergraduate course of study at UCD. McDonagh had first began experiencing panic attacks while at college and developed the panic away system as a means of ending his own panic disorder.

Delmonico explains the basic concept behind Panic Away:

"Barry McDonagh's system takes a critical look at the way that anxiety and panic disorders are conventionally treated," says Delmonico. "Panic Away teaches unique exercises for helping folks to reassure themselves that they are safe in the midst of a panic attack. This supposedly allows their mental activity to revert back to the fore-brain, and in doing so breaks the cycle of anxiety so that they can return to normal everyday living."

While some skeptics may question whether panic attacks are something best left to doctors and health care professionals, McDonagh points out that most of the people who turn to him for help have been seeking alternative solutions for many years, while still suffering from crippling panic and anxiety.

McDonagh's website is brimming with testimonials from customers satisfied with the results they have received, and rave reviews of McDonagh's patented 21-7 technique. Delmonico takes this as a good sign regarding the program's effectiveness.

"The fact that this many individuals are willing to have their photos posted online, many with audio recordings certainly lend McDonagh a real sense of credibility," says Delmonico. "Additionally, McDonagh has received accolades from several doctors and other experts in this field"(testimonials posted are verifiable through his website.)

Those interested in either the digital version or the hard copy of Panic away can get instant access via the official website: [**Click here for access.**](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Panic Away review is available at the following web address: [**http://www.dietsandfitnessguides.com/panic-away-review-barry-mcdonagh/**](http://www.dietsandfitnessguides.com/panic-away-review-barry-mcdonagh/)