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Lorraine Mason

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Panic Attacks - Five Steps to Freedom Lorraine Mason
In 1966, aged 21, Lorraine developed panic attacks and suffered greatly for a number of years. Once recovered, she began to offer help to those suffering as she had. After a few years of helping sufferers her personal approach to recovery began to form. More years passed and as she adapted her techniques of help she realised that, when applying her 'five-step' approach, all sufferers were gaining tremendous benefit with most attaining total recovery. For almost 40 years Lorraine has applied her totally safe 'five-step' programme to help countless panic attack sufferers gain total and permanent freedom from not only panic attacks but all fear of them ever returning.

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