



My name is Phil Basten, and among other things, I am a member of the Australian Institute of Professional Counselors. I have been studying human nature for over 30 years with a focus on behavioral psychology.

My partner, Jane Mark, holds a master's degree in psychology.

With the advent of the Corona Virus (COVID-19), we've watched as our neighbors, friends, and family became more and more anxious and, in some cases, suffer from panic attacks.

So, we decided to pool our 60 years of collective experience and training and have our family help your family with some strategies that work.

Let's stipulate from the outset;

**It's okay to be afraid.**

In an uncertain time like this, fear is natural. Being anxious is normal.

Fear can be a friend or an enemy.

What counts is what you do when it appears.

In this report, we are going to cover 17 strategies that you can use instantly to survive and thrive when fear threatens to swallow you up.

Each strategy begins with a short headline followed with an explanation of how this strategy works and what action you can take to reduce the power of fear and anxiety over your life.

## Foreword by Jane Mark

One of the reasons that my partner, Phil Basten, and I wrote this book together is because, for the last month, with the world falling apart, I broke down in tears a lot. That's when Phil asked me to help him work on this project, and I was able to experience how well it worked for myself first-hand.

Usually, I am not like this. People who know me will tell you I often have a smile on my face and a can-do attitude full of fun and determination, but;

Watching the nurses and the doctors fighting to save lives in my beloved New York City kept getting the best of me. Seeing the streets of Broadway empty was eerie and sad, and watching hospitals get built up in Central Park broke my heart.

My kids and Grandkids live 2 minutes from me, but I could only contact them by phone. It made me crazy at times. I put myself in the shoes of my 17-year-old grandson, who loves baseball and pitches a mean game and loves to drive his car and show off to his girlfriend.

I thought about my four-year-old grandson who just started to enjoy school and now was playing all alone at home, and I tried to imagine how I might feel when I was growing up if this happened to me It felt lonely.

Whenever I lost it and the tears began flowing, Phil would walk me through many of the tips in this the Panic Attack book until some semblance of normalcy returned, and I could go on with the daily routine that I am used to and enjoy while sheltering at home.

If you have ever felt sad, depressed, anxious during the COVID-19 weeks and months, this book is for you.

If you'd like to have some coping mechanisms that you can use every day in your life when all the madness ends, this book is for you.

If you lost or been furloughed from your job, and you want to find out to supplement your income from home. This book is for you.

Sit back, relax, take a deep breath, and know that there are people out there like my partner, Phil, who can help you feel better when you are down. They can give you useful tools to make life easier and sweeter and more loving.

As I like to say:

"Go get, Um."

Jane

Jane Mark

President of JAM Marketing Inc.

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## 1. Breathe.



Every day you can wake up and take your first breath is a good day.

The first thing you need to do when you feel anxious and afraid is to breathe.

Do not talk, think, or do anything else. Just focus on breathing.

Shut the door, turn the movie or music off, and tune out all distractions. Get in a quiet place and breathe.

In through the nose, out the mouth.  
In through the nose, out the mouth.  
In through the nose, out the mouth.

Long slow breaths. Fill your lungs up and exhale slowly.

Do this ten times, 3-times a day, and you should feel your body starting to relax.

Only when you are relaxed are you ready to go to work and begin coping with your panic and your fears and solving them.

Breathing the right way can have some positive effects on your body.

- \* It can help you focus on one single thing and increase performance.
- \* It can help reduce anxiety and depression.
- \* It can help increase our energy level.
- \* It can help reduce blood pressure.
- \* It can help you manage stress.
- \* It can help you relax your muscles.
- \* It can help you change how you feel.

***Remember – Start your mornings with this breathing exercise. It's a great way to begin your day.***

## 2. Pinpoint your panic.



The first thing you need to do is to figure out what situations trigger your panic attacks. You can't deal with what you don't know.

We call this strategy the PPP approach, or pinpointing your panic, giving a name to your fears.

Write down specific items you are afraid of and then speak each one out aloud.

The spoken word is powerful.

If you don't speak your fears out loud and confront them, they will keep haunting you until you do.



Here are some common triggers. If any of the phrases below apply to you, write them down, one at a time, and then speak each one out aloud.

Your own words or phrases may be different, but you must name them.

Examples:

"I'm afraid I might get sick and die."

"I'm afraid I might die alone."

"I'm afraid I won't have enough money to take care of my family."

"I'm afraid of being lonely."

"I'm afraid someone I love may leave me."

"I'm afraid others might make fun of me."

"I'm afraid I might look weak."

"I'm afraid I might lose my home."

"I'm afraid someone I love might die."

"I'm afraid I might catch the virus from someone I am treating, serving, or shopping for."

Many things in our lives can cause us to be afraid, and if we don't face them, they can become part of us, dominate us, and lead to panic.

***Remember to pinpoint your panic, so you know what scares you.***

### 3. BAAAH and the finger.



By now, you should have identified your panic triggers and named them.

Now we are going to discover new ways you can look at these triggers and the way you react to them, and we call this technique BAAAH and the finger.

Jane and I learned a valuable lesson a while ago from our puppy trainer, Brad, who works for an Australian company called Bark Busters. You have to give it to the Australians; they know what they are doing.

We have a 12-week old Pomeranian puppy named Teddy. He is adorable, but he gets into everything and regularly misbehaves.

Brad showed us how to correct Teddy's behavior.

You put on a stern face, point your finger at him, and loudly growl the word BAAAH! Most of the time that calms him down, and he pays attention, cocks his head, and listens.

We want you to do this with each of the PPP (Pinpoint Panic) phrases that you identified in step two above.

Stand up, look at the words or phrases that are making you afraid. Point your finger at them, give them a stern look and growl the word BAAAH at each one in a booming voice.

You might want to do this step alone.

I doubt you will want your family and friends watching you do this; they might send for the men in white coats.

The idea here is to take control of your fears, not add to them.

***Remember - Take each fear, point your finger at it and growl the word BAAAH. A deep throaty BAAAH. Let it know you are angry at it for trying to scare you.***

## 4. Number and rebrand your fears.



Now let's identify your most important and urgent fear and put that in the number one position.

Write it down and label it number one.

Look at it carefully and see if you can come up with a few ideas that might make it less consuming, less powerful.

Example:

Let's say your number 1 fear is, "I'm afraid I might get sick and die."

Getting sick and dying is a fear many people have in today's uncertain world, and it is the cause of many panic and anxiety attacks.

To some extent, we are all afraid.

- \* First responders are afraid.
- \* Doctors are afraid.
- \* Shopping clerks are afraid.
- \* Parents are afraid.
- \* Children are afraid.
- \* Older people are afraid.
- \* Governors are afraid.
- \* Mayors are afraid.

Everyone is afraid.

It's okay to be afraid.

But you can't let fear dominate or control you. It will destroy you.

Challenge it.

Deal with it.

Bend it to your will.

Rebrand your fear.

How do you do this?

You add a positive statement to your fear and say it out loud as though you mean it and believe it.

Example;

"I'm afraid I might get sick and die."

Add the positive statement - But not today."

Now your fear looks like this.

"I'm afraid I might get sick and die – but not today."

Repeat this as often as you need to until you feel strength rising inside you. Until you feel better, more in control, and the fear is not so scary.

Let's take another fear you may have.

"I'm afraid I won't have enough money to take care of my family."

Again, rebrand the fear.

"I'm afraid I won't have enough money to take care of my family. But I won't let that happen because I am going to find myself a mentor and learn everything I can about making extra money.

Remember; number your fears in order of importance and rebrand them in your own words and say them out loud. When you do this, you may find that those fears further down the list aren't so important or influential anymore.

Now we are going to look at some different ways to reduce the power of fear and turn it to your advantage.

Follow instructions from the doctors and health professionals who are on the front lines of this pandemic. People like Dr. Fauci (Director of the National Institute of Allergy and Infectious Diseases). Dr. Irwin Redlener (pediatrician and director of the National Center for Disaster Preparedness at Columbia University). Dr. Joseph Fair (virologist, epidemiologist).

- \* Stay at home.
- \* Take your temperature daily.
- \* Wash your hands frequently throughout the day for at least 20 seconds.
- \* Reduce your contact with other people as much as possible. This separation should include your parents and grandparents, or anyone you love that you want to protect.

If you do have contact with others, like food delivery people, parcel deliveries, wash your hands, and clean any doorknobs or other items that you may have touched while you are in contact with others.

Okay, so you have named your fear, and you are following the rules and suggestions above.

That's great. Give yourself a round of applause. You earned it.

***Remember - Number your fears and place the most important ones at the top of the list and then rebrand each one.***

## 5. Stay in touch.



Many of us are stuck at home, away from family and friends. It feels strange, terrifying, and alien. It doesn't come naturally to us.

We are not built this way.

We are not meant to be hermits.

The good news is we don't need to remain alone.

We live in the marvelous age of technology, and that means we can keep in touch face to face. We can FaceTime, we can Skype, and we can Zoom. Even just a voice on the other end of the phone can provide comfort and some sense of normalcy.



We can use our computers to discover new ways to connect and to research things that interest us and then share that on social media, or we can shoot a short video and let our friends what we are doing.

We can call or text a friend and give them an encouraging word to help them get through a tough time. You might be pleasantly surprised at how good a small gesture like that can make you feel.

We can give our loved ones a virtual hug and kiss as I do with my kids and grandkids in Australia. It makes a difference.

We can reach out and ask for help if we need it, and we all do at times.

There is no shame in asking for help when you need it, and let's face it, what's the worst that can happen. The person you are requesting relief from might say no.

And if they do say no, you can always ask someone else.

Don't take it personally; they are not rejecting you. Maybe the person you are asking for help from is not in a position to help at this time.

If you need someone to pick something up at the store for you, ask for help.

If you need extra money, do some research to see what Government funds might be available to you. Look at ways you might be able to make some money on the internet.

***Remember - Stay in touch with your loved ones and friends. It's important and they will thank you for it.***

## 6. Do what you love.



If you watch the daily COVID-19 progress reports on TV, you may find yourself becoming more and more anxious and depressed.

It's okay to watch a short time to stay up to date with the information that can protect you.

But don't overindulge on negative stuff, you may become soul-sick, and that can be even harder to treat.

Set aside sometime each day to relax and do what you love to do.

It makes no difference what it is.

- \* Watching movies
- \* Playing games with the kids
- \* Reading a good book
- \* Writing
- \* Knitting
- \* Gardening
- \* Cooking
- \* Working on the internet

You get the idea.

Just make sure you do what you love to do. You will feel better, and when you feel better, you will be less likely to worry or become anxious.

For a time, life will seem normal, and we need that in times like these.

***Remember - Treat yourself to something special, something you love to do but rarely get the chance to do.***

## 7. Be grateful.



A friend of ours, David, told us that his success in business and life came from the fact that he greeted every day with an attitude of gratitude.

- \* He was grateful that he was alive
- \* He was grateful for a successful business.
- \* He was grateful for the opportunities he would encounter that day.
- \* He was grateful that he had a beautiful home.
- \* He was grateful for his family.

David was grateful for just about everything.

Was this attitude of gratitude the cause of his success in business and life?

Possibly.

It most certainly resulted in a pleasant demeanor, and people seemed to like David and gravitate toward him.

Another friend John was born in Holland. Now John was someone you wanted to be around, especially if things weren't going well in your life. John was also a person who was grateful every day.

Each time we would catch up, I would ask, "Hey John, how are you?"

His answer was always the same.

He would reply with a big smile, "Ooh, can't complain too much." And he meant every word.

With that simple phrase, John lifted my spirits more times than I can count. He was someone you wanted to be around: a true friend and a wonderful man.

***Remember - Be grateful for the small things, and you may enjoy big rewards one day.***

## 8. What you say matters.



What you say out loud often has a nasty habit of coming to pass.

We call this self-fulfilling prophecy.

Words you speak out loud contain enormous power.

Positive words attract positive outcomes.

Negative words attract adverse outcomes.

Words are powerful.

- \* They can inspire
- \* They can hurt
- \* They can make you laugh
- \* They can make you cry
- \* They can fill you with hate
- \* They can make you smile
- \* They can disappoint you
- \* They can compel you to act

It is one thing to think; I doubt I will ever be successful in life, and quite another to speak that thought into existence.

Thoughts can be changed and transformed into something positive as long as they remain thoughts. Thoughts you speak out loud are harder to take back or correct.

Your words can lift people, or destroy them, so use this power wisely.

As Professor Dumbledore said to Harry, "Words are, in my not-so-humble opinion, our most inexhaustible source of magic. Capable of both inflicting injury and remedying it." — J.K. Rowling, *Harry Potter, and the Deathly Hallows*.

For example, hate speech doesn't just affect the person who is the object of hatred. It also adversely affects the person spewing it out. It slowly destroys the soul, heart, and mind.

***Remember - What you say has the power to change your life.***



## 9. Be kind to you.



Collins Dictionary describes the word kind as; Someone who is kind behaves in a gentle, caring, and helpful way towards other people.

And when we think of being kind, we do so in the framework of being kind to others. But what of being kind, gentle, and caring to ourselves?

When we were young, some of us learned that it was selfish to think of yourself before others.



I would suggest that if you don't love yourself, and be kind to yourself first, you may not possess the inner resources that will allow you to impart these gifts to others freely.

Your own needs may dominate and take control.

You may have heard the phrase, love your neighbor as yourself.

You can't love your neighbor, or a friend, or a family member if you don't give yourself love first.

Now, what do we mean by, be kind to yourself?

- \* Treat yourself to a special dinner.
- \* Buy yourself something beautiful. It doesn't have to be expensive.
- \* Get plenty of rest.
- \* Watch inspiring people on the internet.
- \* Praise yourself when you do something well.
- \* Try new things. Be adventurous.
- \* Have days where you do only important stuff.
- \* Listen to your favorite music.
- \* Remove the weight of the world from your shoulders.
- \* Do not judge yourself or others.
- \* Accept life as it is not as you want it to be.
- \* Watch funny movies or comedy on YouTube.
- \* Forget being perfect. Life is more fun when it's a little messy.
- \* Take time to dress up occasionally even if you are at home alone. When you look like a prince or princess, You will feel better.

***Remember - Imagine you are a prince or princess and treat yourself with love and kindness. You are special.***

## 10. Be kind to others.



The world is in desperate need of kindness.

The pain and suffering are unmistakable, and it's hard not to be emotionally touched by it.

The COVID-19 virus does not care if you are;

- \* Young
- \* Old
- \* White
- \* Black
- \* Asian
- \* Hispanic
- \* Gay
- \* Straight
- \* filled with love
- \* filled with hate
- \* Rich
- \* Poor
- \* Famous
- \* Unknown

And, because this silent, invisible, killer doesn't care who you are is precisely the reason we should care about others.

We are so much better than this virus, and it's time for the world to see it.

So what are some of the ways you can be kind to others?

- \* Smile when you see someone walking down the street.
- \* Ask a neighbor if they need help.
- \* Compliment a family member or friend and mean it.
- \* Call someone who lives alone and ask how they are doing.
- \* Say thank and please when talking with others.
- \* Mentor someone free of charge.
- \* Be a good listener.

- \* Thank your postman or local police officer for doing a great job.
- \* Give a loved one a surprise gift.
- \* Send an ecard of thanks and gratitude to first responders.
- \* Encourage someone who is going through a hard time.
- \* Forgive someone who has done the wrong thing by you.
- \* Buy an inspirational book for someone in need.
- \* Start a blog that helps people.
- \* Or give someone a good tip.
- \* Stick up for someone who is being mistreated or bullied.
- \* Express kind words everywhere you can.

Kind words can mean a lot to someone in need.

A man is sitting in a diner, and the waitress comes up to him and says, Whadda you want? The man thinks for a minute and says, some eggs and some kind words. The waitress leans over and whispers in his ear, "Don't eat those eggs."

***Remember - It costs you nothing to be kind to others, and it will make you feel good too.***

## 11. Possibility Thinking



Even in the darkest of times, life is full of possibilities.

This poem by John Greenleaf Whittier says it all;

### **Don't You Quit!**

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When funds are low, and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about  
When he might have won had he stuck it out.  
Don't give up, though the pace seems slow -  
You may succeed with another blow.

Often the goal is nearer than  
It seems to a faint and faltering man;  
Often the struggler has given up  
When he might have captured the victor's cup,  
And he learned too late when the night slipped down,  
How close he was to the golden crown.

Success is failure turned inside out -  
The silver tint of the clouds of doubt,  
And you never can tell how close you are -  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit -  
It's when things seem worst that you must not quit.

Many years after I read this, I wrote a short ditty called; I could have been a star.

It goes like this.

I could have been a star  
I should have been a star  
I would have been a star  
If only I had stayed

I could have been a star  
I should have been a star  
I would have been a star  
If only I had played

If only I had stayed  
in the game and played  
I could have been a star  
If only I had stayed

I could have been a star  
I should have been a star  
I would have been a star  
If only I had played

You've no doubt heard of positive thinking, or the power to change things by the way you look and talk about them. I believe that possibility thinking is even more powerful because it engages the mind and the creative imagination of the child in all of us.

***Remember - Become a possibility thinker, and then nothing is impossible or beyond the realm of the possible.***

## 12. It's magic.



I want you to think back to when you were a child, say 3-5 years old, to a time when;

- \* Life was full of wonder.
- \* Everything was new and fresh.
- \* There were countless things to discover.
- \* And loads of things to feed your imagination.
- \* There was magic in the air and you were king or queen of your domain.

There was Peter Pan, Peter Rabbit, Alice in Wonderland, Santa Claus, The Tooth Fairy, The Easter Bunny.



There were the tales of King Arthur and Excalibur, Merlin, dragons, The lion, the witch, and the Wardrobe. There were Kings and castles, Micky and Mini, Goofy, Bugs Bunny, Daffy Duck, Snagglepuss, Foghorn Leghorn, Princess Bride, Snow White, and the Seven Dwarfs.

And as we grew older, we encountered enchanting stories like Eragon and Tales of the Dragon Riders, How to Train Your Dragon, Harry Potter, Magical Creatures, and Where to Find Them, and we watched in wonder as magnificent magicians made things appear and disappear.

And then, one day, the magic was gone. The stories that once inspired us lost their appeal, and we grew up. The beautiful stories that once enchanted us became childish to us, and we replaced them with different tales, more realistic stories.

Time to grow up, we told ourselves. Time to experience the real world. Time to take responsibility.

And so we commuted to our 9-5 jobs or moseyed from the kitchen to our home office to work on the internet promoting products and services hoping a few bucks will magically appear in our accounts.

We enjoyed a family dinner when we got home, we sat around in front of the TV, and we lose ourselves in a movie.

The child is gone. The adult has taken over, and we die a little inside.

One day we wake up agitated inside, we are restless, and we don't why.

So we go to work, but instead of doing the same old things the same old way, we try something new just to break the monotony.

We feel good, we feel liberated, and we feel proud of ourselves, and with a big smile, we present our work to the boss.

I don't like it, he says indignantly. Do it the way we always do it.

Our creative streak comes to a screeching halt, and the inner child goes into hiding once more.

If you want to make a difference in the world and create something truly incredible, encourage your inner child to come out and play.

And there's a simple way to do this.

Stand in front of any mirror, and poke your tongue out, and your inner child will appear. Go on, try it. I dare you.

Acknowledge them, welcome them, and let them know it's okay to shine.

You'll be glad you did.

***Remember – Set your inner child free and watch the creativity flow.  
Put the magic back into your life.***

## 13. Mind Matters.



Many people think that you can't know what is in a person's heart, but that is not entirely true. There is an old saying, "Out of the abundance or fullness of the heart the mouth speaks."

We mentioned earlier that the mind and heart are often used interchangeably in literature and psychology.

They are, in fact, two separate doorways to the same essence in all of us.

When we talk about the heart of humankind, we are not talking about the organ that pumps blood through our bodies. We are referring to that part of us that embraces emotion, feelings, love, joy, miracles, inspiration, and much more.

The mind is that part of us that stores information and enables us to focus, problem-solve, analyze, and reason what we experience and feel.

So why do we need to renew our minds?

Every day we are bombarded with mountains of negative information. Most of it is garbage, but some of it is real.

Over time it gets harder and harder to block all the negativity out, and we take in too much, and some of it spills out our mouths.

The only way to correct this is to fill yourself with good news, positive information like reading about people who do amazing things in times of crisis or watching the heroic actions of the doctors and nurses who risk their lives every day to protect and heal us.

Don't let anger, bitterness, resentment, or any other negative emotion or thought destroy you.

You owe it yourself to renew your mind by filling your heart with love, joy, peace, forgiveness, and beauty. You will feel much better when you do, and it will transform the way you think about and look at things.

***Remember – Fill your mind with good things, and good things may start to appear in your life.***

## 14. Change is coming.



Long after this pandemic is but a memory life will be altered. The threat will still be there, and even if the researchers develop a vaccine, change will be necessary. Life will be different, and it should be.

There will still be natural disasters, wars, viruses, gun violence, illnesses, but perhaps this time; we will be better prepared.

Perhaps we will be ready next time.

We can learn a lot from nature.

Next time you encounter a massive storm with huge winds, take a close look at the trees that survive and then bounce back.

They don't try to fight the wind; they bend with it, they adapt.

Animal species that survive in times of global change do so because they adapt to their new environment.

In certain types of martial arts like Tai Chi, you learn to go with the flow and then bounce back.

When a small change happens slowly, we often don't notice it.

But when massive change happens, it can be scary, overwhelming, and we don't know how to process it.

We have two Pomeranians. Cuddles is 12 years old, and Teddy is four months old.

Cuddles had the whole house to himself. He was king of his domain.

On January 4<sup>th</sup>, 2020, Cuddle's life changed. Teddy came to live with us.

Teddy is a rambunctious puppy who loves to play and get into everything. He loves to chase after Cuddles and tries to get him to play with him. Unfortunately, Cuddles doesn't like it when Teddy chases him, and they snarl and bark at each other for a time until Cuddles escapes to his peaceful room upstairs.

The addition of this little whirlwind was a considerable change for Cuddles, and he is still trying to adjust to sharing his house with Teddy.

Some changes like COVID-19. are forced upon us, and it takes us longer to adjust.

So what do you do when a change like this overwhelms you?

- \* Sit down
- \* Breathe
- \* Relax
- \* Go with the flow.

Do what you need to stay safe.

Follow the medical professional's advice.

Do your social distancing.

Wash your hands for 20 seconds each time you touch a parcel or food.

Wear a mask in public to keep others safe.

But most of all, try to stay calm.

***Remember – When change comes, accept it, embrace it, welcome it, and you will come out stronger the other side.***

## 15. Cry if you must.



Everywhere you look, people are grieving. People are in agony. People are weeping uncontrollably.

A mother, father, son, daughter, uncle or aunt, cousin, niece, grandfather, or grandmother has succumbed to COVID-19 and passed away, and we feel that loss emotionally and physically.

If you are a nurse or doctor, you often have to act as a substitute family member and hold a patient's hand and comfort them until they get better or pass on.

We are suffering from collective grief.



We grieve for loved ones lost. We grieve for those we don't even know but whose loss is tragic. We grieve for the doctors and nurses who have to go through unbearable, dangerous heart-wrenching situations.

And it hurts inside.

So what do you do when the pain is unbearable.

You cry.

Sometimes you cry a lot.

Then when the tears subside, you tell yourself you did your best, and you get up and do your best again.

Sometimes your best is enough.

Sometimes your best is not enough.

But the times it is enough. Wow, that is special. You helped someone; you gave them a chance; you made a difference.

As long as you do your very best, that's all anyone can ask of you, and it's all you should ask of yourself.

Tears and crying cleanse the body.

Have you ever noticed how good you feel after a good cry?

You feel lighter, like a huge weight has been lifted off you.

You feel more relaxed.

It helps you release any suppressed emotions.

And it helps you reduce stress.

Frequent crying is different and may signify a deeper issue like depression.

In cases like this it is best to see your medical professional.

***Remember - Weeping may endure for a night, but in the morning joy will appear.***

## 16. Darkness flees when the light shines.



Right now, April 9th, 2020 is a dark time in world history.

COVID-19 has killed many of our brothers and sisters in our human family.

Many people see no hope on the horizon. We may even think that someone switched off the light at the end of the tunnel until further notice.

Medical experts talk about how social distancing, wearing masks, and washing hands often is helping to flatten the curve of COVID-19. Still, few seem to know how long that curve will be or how long it will take before the number of deaths begins to drop to a point where we can resume some form of a healthy life.

Yes, times are dark and uncertain, but there is hope. There is a light at the end of the tunnel.

The light is you and I.

If we all work together and we help each other, we will eventually find vaccines and solutions to this pandemic.

We've done it before, and we can do it again.

But we all must work together.

- \* We need to help the weak.
- \* We need to look after our elderly neighbors.
- \* If we are well off, we need to help those with nothing.
- \* We need to help those who are starving.
- \* We need to help those who are out of work.
- \* We need to help those who live on the streets.
- \* We need to support the doctors and nurses who look after the sick.
- \* We need to support our first responders. The paramedics, police officers, firefighters, rescuers, military personnel, ambulance drivers, and so many more.

If I have your back and you have mine, we will be just fine.

All it takes is a smidgen of love and a dash of caring.

If we have the means to help others, we need to do that. If we don't help those in distress, then maybe others won't be there when we need them.

A chain is only as strong as the weakest link, and a country or society is only as strong as the lowest member.

***Remember - When you are in a dark place, walk carefully, so you don't stumble, but make sure you prepare for the time when the light will shine again.***

## 17. A nest egg



Millions of people have been laid off or furloughed from their jobs and stuck at home due to COVID-19.

Some people are fortunate to have a nest egg they can fall back on, but others are not in a position to do that and struggle paycheck to paycheck.

So what can you do when you find yourself stuck at home with limited resources?

If you own a computer and you can connect to the internet, you can make money online, and here is a simple way to do this.

You can brand the report and this ebook with your affiliate ID's and make money when readers order the ebook, or branding, or they signup and upgrade at any of the three sites below.

The Panic Attacks report covers the first five strategies that show you how to begin to master fear, anxiety, and panic attacks.

### **You give this report away free.**

In this free report, there is a short sales message with a link to the website where the reader can go to purchase the full ebook and purchase the branding rights if they want to make money with this needed resource.

### **So how do you make money by giving away a free report?**

You can earn \$7.00 when people purchase the ebook for \$17.00 through your affiliate link in the report.

You can earn a 40% commission when people purchase the ebook branding for \$77.00 through your affiliate link.

You can also earn commissions by [branding the links below](#). You can join FrontPage Mail and Profit from Free Ads free, and Onyalist is only \$47.00 for a pro membership.

One of the first rules in making money online is to build a list. The four websites below will help you do this. Onyalist will help you do that. It takes no skill, and you can get a capture page set up in a matter of minutes.



1. Go to [Profit From Free Ads](#) and signup free. I will add 70,000 ad-credits in your account to start you off. (These credits have a value of \$350.00).
2. Go to [FrontPage Mail](#) and signup free. I will add 100,000 ad-credits in your account to start you off. (These credits have a value of \$500.00).
3. Go to [Onyalist](#) and signup for a pro membership. Onyalist takes no skill, and you can get a capture page set up in a matter of minutes.
4. Go to [Sokule](#) and signup free. I will add 10,000 list building credits in your account to start you off.

Now to build your list, you will need to use other people's lists (OPL). The way this works is you signup at other people's sites where they allow you to email their members, and you send your capture page offer to their list and steal their members. It's perfectly legal, and everyone does it.

The four sites above are all you need to start building a list and making consistent money online. You can earn commissions as a free member, but you will make more money as an affiliate if you choose to upgrade to a higher membership at these sites.

Helping others is the ideal online business when you are stuck at home, and you can get started today for only \$94.00 when you buy the ebook and brand it and join the sites above.

You could turn \$94.00 into \$2023.00 per sale should people upgrade in the four sites via your affiliate links.

[Click to brand this ebook with your links.](#)

***Remember – Start building your nest egg now. You never know when you might need it.***

Thank you for allowing us to take this journey with you through Panic Attacks and How to Survive Them.

You can contact us anytime by email at [unmessyourlife@gmail.com](mailto:unmessyourlife@gmail.com) or by visiting our [support desk](#).

Note: The information in this report should not replace the directions given to you by your doctor or therapist. We offer it as a guide only. All we are doing is giving some tools you can use to reduce your stress levels until you can see your doctor or therapist.

**Thank you. Thank you. Thank you.**

Let us never forget all those who have helped us in this troubled time and risked their lives for us.

- \* The firefighters.
- \* The paramedics.
- \* The nurses.
- \* The doctors.
- \* The ambulance, bus, and train drivers.
- \* Police officers.
- \* Military Personnel.
- \* Taxi drivers.
- \* Grocery store workers.
- \* People who deliver our groceries.
- \* All those who help us look after our homes.
- \* Those who deliver the goods we order online.
- \* The hairdressers who perform at-home services.
- \* The postmen and postal workers.
- \* The sanitary workers.

I apologize if I missed anyone.

Thank you! Thank you! Thank you!

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