

Take Control of Anxiety & Depression

Eliminate Your Anxiety, Fears, Worries, Stress, Panic Attacks And Even Depression ... As You Never Imagined Possible!



Lucinda Bassett, former anxiety sufferer, best-selling author & President of the Midwest Center for Stress and Anxiety will show you how to control your fears and emotions.

I've Done It, And So Have Hundreds of
Thousands of Men & Women. Now I'd Like
To Help You Gain Control And
END These Symptoms:

- **Frequent Worrying**
- **Fatigue**
- **Racing Thoughts**
- **Depressed Feelings**
- **Fears & Insecurities**
- **Sleep Problems**
- **Physical Problems**

Inside: Discover Hope and Healing As You Share These Real-Life Success Stories



*"I had been suffering
with anxiety and depres-
sion for 20 years."*

Page 4



*"The body symptoms I used to
experience were; numbness, dizzi-
ness, tingling, tightness in chest,
difficulty breathing ..."*

Page 6



*"I couldn't last through
the dinner and had to
leave as soon as I
could."*

Page 8



*"I visited doctor after doctor
and spent a small fortune..."*

Page 13

**AS SEEN WITH
Oprah!**

Regis and Kathy Lee,
Leza, and Barbara
Walters

Gain Control Without Drugs Or Doctor Visits! ***Guaranteed Results Fast Or Your Money Back!***

"I Understand Worry and Suffering. But I Overcame My Anxiety and Physical Symptoms. And So Can You!"



From the Desk Of ...

Lucinda Bassett

Founder, Midwest Center For Stress & Anxiety

Dear Friend,

We may have never met in person, but I believe we share a bond because of common feelings and experiences. As a former sufferer of anxiety disorder, I understand the pain you feel. I know what you are going through. I believe we can help you.

I know what it feels like to suffer REAL physical symptoms that can control your life, yet doctors cannot explain or relieve them.

Symptoms like heart palpitations ... chest discomfort ... dizziness ... choking and closed throat ... numbness and tingling ... hot and cold flashes ... feelings of unreality and disorientation ... panic attacks ... lightheadedness.

Like you, I know what it feels like to live with worry, fear and nervousness.

Constantly worrying about things you can't control ... fear of dying ... fear of embarrassing yourself in front of others ... fear of going insane ... fear of losing control.

I know how alone you can feel.

Your doctor doesn't fully understand. Your friends and family don't understand. Although there are over 35 million Americans experiencing the same things, it can seem like there's no one to turn to.

The truth is, there IS someone to turn to. There IS someone who can help you.

You don't have to suffer any more. You don't have to live in fear. You don't have to give up control of your life to anxiety or medications. You can beat your worry, anxiety, depression and even panic attacks once and for all.

Now you can gain control of your life and your health without drugs ... achieve whatever you want in life without your anxiety holding you back ... and overcome these debilitating physical symptoms. Please read this brochure right now. I know you'll be forever glad you did.

Sincerely,

Lucinda Bassett



"When I started learning everything in the program, I just couldn't believe it. I was saying, 'Oh my God, this is exactly what I feel!'" Now I can do all the things I want to do, go where I want to go. -- P.M. Age 32, OH

"You Don't Have To Suffer Any More."

My personal story of triumph over anxiety



"*Attacking Anxiety & Depression*" is a powerful tool I developed to help heal my own personal struggle with severe anxiety and depression. Now I want you to have it to help you beat what I know first-hand to be a terrible, often misunderstood, debilitating disorder.

My problems began early in life, growing up in a house overshadowed by my father's battle with alcohol. I can remember battling scary thoughts and feelings of unreality as early as 9 years old.

As I got older, my problems progressed. I suffered with bouts of irritable bowel syndrome and "nervous stomach". I developed eating disorders and worried constantly -- about everything!

When I reached my twenties, the panic attacks started. I began limiting my activities to prevent the dreaded attacks. I ended up struggling to drive, fly, socialize or even sit in meetings for fear of panic attacks.

I visited doctor after doctor and spent a small fortune looking for the cause of my heart palpitations, stomach discomfort, depression and other symptoms. I thought I was alone, totally different from everyone and quite possibly "losing my mind."

Late one night I was feeling extremely depressed (70% of anxiety sufferers experience secondary depression) and I prayed to God asking Him to show me one person who had survived these feel-

ings. I promised I would serve Him the rest of my life if I could only discover why I felt so bewildered and depressed.

We're Not Alone!

Amazingly, as I was getting ready for work the very next morning, I heard a woman on TV mention all the symptoms I had been struggling with. She described the personality characteristics typical of people with these symptoms: analytical thinkers, perfectionist, worriers, sensitive, pessimistic. She described the fear of losing control and embarrassing yourself in public, and the fear of strange body symptoms. She talked about the fear of choking, having a heart attack and dying suddenly. She was talking about ME!

For the first time in my life, I knew I wasn't alone. I knew that anxiety was my problem. And so began my journey toward healing.

I began to devour every book and journal I could find about my problem. I learned that my upbringing and personality made me prone to those feelings. I learned that I was not alone, sick, mentally ill or otherwise different from other people. In fact, I was among the estimated 35 million Americans suffering from the same thing.

I learned all the safest, most effective ways to treat anxiety and depression. I discovered that most therapy is ineffective for lack of repetition and reinforcement. And as I put together a program to

heal myself, without really knowing it, I developed the most effective tool ever developed to heal anxiety and depression ... the "*Attacking Anxiety & Depression*" program.

I've Helped Over 200,000 People All Over The World

I have made it my personal mission to help people with anxiety help themselves. I've been featured on Oprah, Regis and Kathie Lee, and Barbara Walters. And my program has been used by government organizations such as the U.S. Coast Guard and the Undersea Warfare Department.

In addition my program has been used by such prominent corporations as: Chrysler, AT&T, McDonald's, Merck Pharmaceuticals, Ford, and many more! Plus "*Attacking Anxiety*" is being used in hospitals, on college campuses and by a national network of psychologists, psychiatrists and therapists.

The results people have experienced with my "*Attacking Anxiety*" program are nothing short of miraculous. My files are full of stories from people who have overcome anxiety, depression, stress and panic attacks.

In "*Attacking Anxiety*" I give you real skills that worked for me ... and has since worked for hundreds of thousands of other sufferers. The bottom line is: **YOU DON'T HAVE TO SUFFER ANY MORE!**

Diane's Anxiety Kept Her From Enjoying Activities With Her Children ... Until This Made Her Life Fun and Wonderful Again

Many of the people who use this program have been struggling with anxiety for most of their lives.

Diane, from Wisconsin, was no exception. She was 33 and married with 2 children when she wrote me. She explained she was "at the end of her rope" suffering with anxiety and depression since she was 13 years old.

Typical of many anxiety sufferers, Diane was fearful and anxious from the time she woke up until she went to bed. Night time was the worst. Lying awake



*"There are four things I praise and thank God for every day. God, for his help, strength and guidance, and the **Attacking Anxiety** program for giving me the coping skills and tools to get my life back on track." -- J.S. Age 35, OH*

she would dread all the things she had to do the next day. Diane's problem had escalated to the point that she didn't feel like she fit in anywhere. The world became a huge and scary place for her.

Before Diane began the "Attacking Anxiety" program she could not travel more than 5 blocks from her home. She didn't even want to leave her house.

And the worst part was the way Diane made herself feel like a "failure" and a "terrible mom". Diane shared with us that she began to "hate herself" because she couldn't even bring herself to go places and do things outside with her children. She couldn't take them shopping, couldn't attend school functions, couldn't take them on vacations or even to the movies.

Diane hit rock-bottom when her son made the high school football team for the first time. She wanted so much to see him play, but couldn't overcome her anxiety -- which became her fear of losing control and embarrassing herself or her family. Fortunately, about

this time, Diane was introduced by a friend to my "Attacking Anxiety" program.

No Matter How Old You Are or How Badly You Have Suffered, It Is NEVER Too Late To Beat Anxiety And Reclaim Your Life!



When Diane first heard about the "Attacking Anxiety" program, she immediately sensed that I understood her condition like no one else had before.

But from years of feeling "like a misfit and failure," Diane believed that her condition had gone on too long, or was too severe to be helped by this or any program. From years of "defeat" and diminished self-esteem, Diane felt that even if she could get some help, she was "not worth the cost of getting better." She rationalized that the money should be spent on the family, the kids or "more important" things.

Of course, nothing could be further from the truth. Whether you are suffering from severe or chronic anxiety and depression or a less intense, but aggravating sense of unease, the "Attacking Anxiety" program can help you feel better and fully recover -- just like it has helped tens of thousands of people just like you.

"Attacking Anxiety" works for everyone -- like nothing else can -- because it helps you attack the underlying anxiety in your life at its very root, no matter how intense or mild it appears on the surface. It focuses on helping you heal EVERY aspect of your life: physical, mental, emotional and behavioral.

Overcome Your Negative Thoughts And Achieve What You Want!

Finally, Diane decided she would no longer accept the anxiety, fears, dread and despair that had become too much of her life. She would fight back and try the "Attacking Anxiety" program.

Needless to say, the rest is history. Diane's own words say it best:

Even People With Life-Long Anxiety and Depression Are Living Changed Lives! You Can Too!

- You Can Achieve What You Want!
- You Can Overcome Your Fears
- You Can Be FREE Of Physical Symptoms
- Hundreds of Thousands Recovered Already!



"I no longer feel like a prisoner to my emotions. I have LIVED more in the past months than I have for many years!"

Pat, Age 43, OH

"Thank you so much for giving me the best gift -- the gift of being me again!"

Shannon Age 30, NM



"Thank you for giving me my life back." There are no greater words a person can hear. And I've been blessed to be able to hear them from thousands of people from all walks of life, all across the country.

It's especially rewarding because many of the wonderful people who have come to us for help have all but given up hope. They have been to countless doctors. They have undergone countless tests, including EKGs, halter monitors, psychological evaluations, upper and lower GIs and more. They have been prescribed countless medications including anti-anxiety and anti-depression drugs. And none of this can relieve their real and often debilitating symptoms.

If this sounds familiar, read on ...

You can fully recover! You can be free of your physical symptoms! You do not have to be dependent on drugs! You can take back control of your life! You can achieve whatever you want without fear holding you back. And you can accomplish all this right from the comfort and privacy of your own home.

How? With the safe, proven effective "Attacking Anxiety & Depression" program which includes:

- ✓ 15 anxiety-busting lessons on 16 cassette tapes
- ✓ 256 page interactive workbook
- ✓ Easy, eye-opening self-assessments and evaluations

- ✓ 16 handy "Carry-Along" cards
- ✓ Access to Professionally-Staffed Telephone Support Line
- ✓ 30 Day Money-Back Guarantee of Satisfaction

This program is like having access to a comforting counselor 24 hours a day who will give you coping skills your doctors have probably never told you about. Skills to stop obsessive worry. Proven techniques to stop your fears. Skills to put you back in control. And all this **WILL CHANGE YOUR LIFE!**

I'm honored to share these personal stories from just a few of the people whose lives have been changed. The same thing can happen for you right now.

"Well, I'm here to say I can't believe the difference in me in the three weeks I've been on [the Attacking Anxiety program]. I'm not anxious all day. I'm calm at night.

Remember how I said I couldn't go five blocks? I just went 5 miles! Best of all, my son played his last football game for the season, and I was there for the whole game!"

COUNSELORS DON'T MAKE HOUSE CALLS --

**"Attacking Anxiety" Does 24 Hours A Day
Whenever You Need It!**

Diane's case may seem like a miracle worked by the "Attacking Anxiety" program. But our files are

full of stories like hers. For people like Diane, who can't bring themselves to get out even to see a therapist or counselor, "Attacking Anxiety" is their only hope. In Diane's words:

"I'm glad that you have this home program. The people like me who couldn't get out, couldn't go to counselors for help. Counselors don't make house calls, so I was stuck. I needed help, but couldn't go out to get it. This program came to me and helped me to get out."

Don't struggle with debilitating anxiety any more. There is hope. You can recover. Scientific outcome studies show that "Attacking Anxiety" works **BETTER** and **FASTER** than other methods of treatment ...



*"I sure wish I was introduced to your program 12-13 years ago. What a waste of time laying in bed wondering if I was dying and all the money on heart tests, stress tests, doctors, etc. In fact, all I needed was help from **Attacking Anxiety!**" -- C.A. Age 43, IL*

Even If You Only Struggle With "Ordinary" Anxiety Due To Everyday Hassles and Problems This Will Help You!

By now you may be thinking, "Gee, I'm not really that bad. I don't avoid doing things. I can fly, drive and function. I don't have panic attacks. I just get nervous and stressed out. I just worry and can't sleep."

If these are your thoughts, then let me assure you that **"Attacking Anxiety"** is still for you!

Even mild anxiety prevents you from feeling your best and reaching your full potential. Every little bit of worry keeps you from getting your full rest and disrupts your life. And the truth is, left unchecked, mild anxiety can escalate into a much more severe problem.

The **"Attacking Anxiety"** program will help you take back full control of your life plus prevent it from ever getting out of hand just like it has for these happy, anxiety-free users.

"I am a 30 year old professional married woman who began experiencing persistent anxiety last year due to my husband's late night work schedule (I couldn't sleep through the night) and a fast-paced job (very overwhelming). However, I have used the program and since worked through the anxiety and am back on track with my life." -- Kim S., Age 30, MA

"I can't tell you what your program has meant to me. You have unlocked a power in me that I didn't know existed. I came to you in my darkest moment. In the period of three weeks, I had lost a job, been harassed by a disturbed neighbor and, to top it off, lost my cat." -- Todd G. Age 32, MA

*"I am writing this letter to thank you for such a wonderful and helpful program, **"Attacking Anxiety."** The period of time before I started the program was very rough on me. I had gone into a depression, I was in a bad relationship and did not know what to do about it, and I was unhappy with my job." -- M.B. Age 25, NY*

at a fraction of the cost! Just ask Diane.

Before Maureen Discovered **"Attacking Anxiety,"** She Had So Many Physical Symptoms, She Could Have Opened Up Her Own Pharmacy

Many anxiety sufferers go to the doctor and complain about their symptoms. The cause may be emotional, but the symptoms are all very real. It was no different for Maureen from New York.



As Maureen said herself, *"I could have opened up my own pharmacy for all the medications I was taking ... different ailments seemed to follow one behind the other."*

It got so bad that Maureen made repeated visits to a neurologist, cardiologist, rheumatologist, internist, gastroenterologist and ENT ... all in the same year!

During that time she racked up thousands of dollars in medical bills for blood tests, EKG, urinalysis, upper GI, lower GI, MRI, CAT scans and more. Maureen explained, *"Thank God that nothing major was ever found, but it was so stressful going through all that testing and being convinced that something must be wrong. No doctor ever said I was anxious. They were all so accustomed to prescribing medication. I am convinced that more than half of all my doctor visits were probably related to anxiety."*

You Don't Have To Depend On Medications Any More!

When you visit doctors for anxiety problems, it is highly unlikely that they will spend enough time with you to truly help you. Not because they don't want to, but because once they rule out physical causes for your

"I feel like a whole new and different and calm person since completing the tape course [Attacking Anxiety]. I commit each day's activity to God and then I thank Him for His help throughout that activity. I thank God for Lucinda Bassett..." M.S. CT



symptoms, they often don't know how to help you, other than using medications.

While medications are sometimes necessary, they are NOT the answer all by themselves. Medications may help you with the symptoms for a short while, but eventually their effectiveness diminishes and you may even become addicted to them. Plus they will never help you manage the bad thinking habits that cause your symptoms.

You don't have to be controlled by drugs any more! With the "Attacking Anxiety & Depression" program, you will control your fears and emotions safely and naturally, often without medication. That puts YOU in control of your life. Without medication there's NO addiction, NO side-effects, and NO concerns about your long-term safety.

After Maureen started the "Attacking Anxiety & Depression" program, she was able to control her anxiety ... and her many physical symptoms ... without drugs. And that changed her life.

With Her New Anxiety-Free, Drug-Free Life, Maureen Doesn't Let Things Bother Her Any More

Now that Maureen is drug-free, she has a whole new outlook on life. In her own words Maureen says, *"The program has allowed me to be reflective of my entire life. [Attacking Anxiety] has allowed me to recognize the negative behavior of others. If someone talks to me negatively I don't get upset anymore, because I have a better understanding of where it's coming from. People don't get to me any more because I just won't allow it.*

It's only been weeks, but I see an immense difference and I know in the coming weeks and months it can only get better. Thank God, and thank you Lucinda for changing my life."

When you start the "Attacking Anxiety & Depression" program you will learn how to recognize the thoughts, behaviors and reactions contributing to your distress. And as you do, you will learn how to change those negative, anxiety and depression producing habits on your own ... at your own pace. Plus, like

Is The "Anxiety Excuse" Keeping You From Achieving What You Want In Life?

No one knows better than I do how the physical symptoms of anxiety can keep you from doing what you want.

But, as awful as your anxiety may be, be careful that it hasn't become a convenient excuse for not doing some of the things that you know in your heart you would like to do.

It took me a while to realize that although it was uncomfortable, I was using my anxiety disorder as a familiar and easy way out.

Ask yourself if, perhaps on a subconscious level, your anxiety is keeping you from doing something that feels too challenging to deal with. For example, as long as you stay anxious, you may believe you have an excuse not to...

- ... end that bad relationship
- ... quit that dead-end job
- ... stand up to that person in your life who takes advantage of you or mistreats you
- ... do whatever you want to achieve in life!

Sometimes it's easier to stay anxious. At least it's familiar. After all, if you change and take a risk, you may create an uncomfortable situation.

But I guarantee you, the anxiety of staying stagnant and feeling out of control is MUCH worse than the anxiety of changing and challenging yourself.

This concept was a real eye-opener for me, and may be a very difficult, but necessary realization for you. But once you accept it, you will be on the road to recovery.

The *Attacking Anxiety* program will help you overcome your anxiety and dependence on anxiety. Why not take that first, bold step of change by calling and ordering *Attacking Anxiety* for a risk-free trial? Call right now, 1-800-829-8156.

"You Don't Have To Feel Alone Any More!"

It is estimated that 1 in 5 people suffer from anxiety and depression in the United States. Unfortunately, most people suffer alone.

Most do not know or understand that what they are suffering is emotional. They can't believe that their thoughts and emotions can cause the very real and debilitating symptoms they feel. And when their doctors can't explain the symptoms, they are too embarrassed to discuss their problem with anyone else.

I'm happy to tell you that you do not need to feel or be alone any more! There are close to 35 million Americans who feel the same way you do. Most importantly, I know exactly how you feel. And I know that you can overcome your anxiety problems and feelings of loneliness with the *Attacking Anxiety* program, just like these people who wrote to say ...

"When I got the tapes and began to listen, I realized for the first time in ten years that I was not alone in my anxiety." -- Denise P.

"It was amazing. Just hearing that I was not alone was in itself comforting. I no longer felt so alone and so misunderstood." -- Mari W.

"I can not believe that so many have this anxiety problem. I used to think I was the only one. It's a comfort to know so many are being helped."
-- Dottie V.

"You have no idea how you have helped put me at ease knowing I wasn't the only one dealing with anxiety. For years I felt so alone. I lost friends because I didn't want to admit the real reason we couldn't get together. Back then, I didn't even know what anxiety was, I just knew something wasn't right." -- Dan H.

"Thank you for letting me know that I am not alone any more."
-- Dave L.

**Don't suffer any more. Call 1-800-829-8156 now,
and join over 200,000 people
on the happy road to recovery.**

Maureen, you will learn many coping strategies that will lift your spirits, alleviate your symptoms and calm your fears.

Dennis Used To Worry Himself Sick Until "Attacking Anxiety"

Everybody worries occasionally. It's just human nature to be concerned about things that are important to us.

But often, worry can get out of control and take over our lives. It can consume our thinking and prevent us from resting, sleeping or thinking clearly. It can cause physical problems such as migraines, ulcers, and insomnia.

That's what happened to C.M. from Virginia. As he describes it, *"I don't think I had ever been scared of much of anything my whole life, but this anxiety and panic attack stuff had created some very real fears*

which were affecting my life."

Surprisingly, although anxiety sufferers come from all cultures and walks of life, they often worry about the same things. Compare your thoughts to these common obsessive worries:
WHAT IF...

... I go crazy?

... I faint?

... I have an anxiety attack in public?

... I die right here?

... I have a heart attack?

... I do something to embarrass myself in public?



D.W., KY

"I haven't experienced any real anxiety in over a year, the coping skills I learned are wonderful and I continue to draw on them when stressed. Lucinda is like a friend always walking silently by me." -- Kim MA



Think about it in your own life. Where would you be or have done differently if your worries hadn't held you back?

How much better would things be in your career ... relationships ... financial situation? What chances did you not take? How many opportunities did you miss? What dreams will never happen?

Most importantly, think about what will you miss in the next 5 years if you don't do something now!

You Can Be Free Of Obsessive Worry And Succeed At Anything You Want!

You don't have to worry constantly about your health, your sanity and your life. You don't have to spend one more day in the personal hell of "what if ... what if."

"Attacking Anxiety" will positively affect EVERY aspect of your life! Every choice and decision you make, the things you may choose to do, the places you may choose to go -- your entire life will be greatly enriched.

C.M. writes, *"So the first learning I experienced was to admit that I had created much of the problem myself through my thinking which I couldn't totally attribute to outside forces although I had my share of external stressors. When you finally got it through my head that the way I handled things internally was the key to recovery, that I would have to change and couldn't control everything, the clouds started to lift."*

Don't Be Limited By Worry Or Physical Symptoms Any More

Imagine the freedom to go anywhere you wish, do anything you wish, without anxious energy or physical symptoms. Imagine waking up every morning excited about the endless possibilities of the day ... without worry or fear! This can be YOUR life when you take action and "Attack Anxiety" now!

It Doesn't Matter Whether You're A Mildly Anxious Worrier, Or Severely Anxious, Depressed and Agoraphobic ...

My Program Is GUARANTEED To CHANGE YOUR LIFE!

Anxiety has no prejudices; it can attack ANYONE! And although the severity of symptoms may vary from person to person, the results are always the same. It robs us of life. It steals our happiness by filling us with worry. It makes us feel insecure and question our own abilities. It makes us physically sick and often leads to depression and avoidance of things we would normally do or like to do.

If anxiety and depression are disrupting your life to ANY degree, ATTACKING ANXIETY can help you. Your symptoms may seem more severe, or less severe than those you read about in this brochure, but it doesn't matter. ATTACKING ANXIETY is proven by doctors, studies and hundreds of thousands of people to give you relief from any level of anxiety, stress, fears, worry, depression and panic attacks.

Take This Simple Quiz To Find Out If ATTACKING ANXIETY Is For You

Do you ever feel scared and anxious for no apparent reason?

Do you worry a lot?

Are you fatigued and run down at the end of the day?

Do you have trouble sleeping?

Are you ever afraid you will suddenly die, choke, or embarrass yourself in public?

Does your heart sometimes pound so hard and so fast you feel it's going to pop right out of your chest?

Do you ever have unexplained bouts of dizziness or confusion?

Do you have frequent stomach problems or diarrhea?

Do you ever have scary, obsessive thoughts?

Do you ever feel panicky, like you might lose control?

If you answered "YES" to ANY of these questions, you have some degree of anxiety. And "Attacking Anxiety & Depression" will help end the physical symptoms and put YOU back in control of YOUR life.

Don't suffer any more. Call 1-800-829-8156 now, and join hundreds of thousands of people on the happy road to recovery.

Doctors & Experts Praise "Attacking Anxiety"

Complete and Permanent Results

"The recovery for most people is remarkably rapid and permanent. The program ATTACKING ANXIETY changes the treatment of anxiety and panic disorder to brief therapy with, in most cases, complete and permanent results." -- Div Buegeleisen, LPC, MI

Patients Living Free From Anxiety

"Comments from patients using the program have been extremely positive. For example, one patient wrote, 'I feel normal again. The coping skills I've learned have changed my life. I am not afraid of life any more. I thank God for [Attacking Anxiety].' With the help of this program, my patients have been able to live a full, complete and happy lifestyle, free from disabling anxiety (also depression, if this condition exists)." -- David Kaleta, Ph.D., M.Ed. LPC, OH

Hastens and Maintains Recovery

"We have used [Attacking Anxiety] with individuals and groups since 1992. Our clients find the design and structure of the program to be very helpful in hastening and maintaining recovery." -- William K. Van Dyke Ph.D., MI

Sees Lives Changed

"We've seen people change their attitude toward work, improve their married life and get back to using the social skills they had before these problems developed." -- Dr. Paul Kelley, M.D., OH

A Powerfully Helpful Resource

"The ATTACKING ANXIETY tapes and workbook finally provide a road map that is clear, comprehensive and user friendly for those traveling the lonely and often terrifying road of anxiety. I find the program is a powerfully helpful resource." -- Stuart Bloom, Ph.D., CA



Results In Just Weeks

"It used to take 6-9 months for my clients to reach the level of recovery that they now achieve in just weeks with the ATTACKING ANXIETY program." -- Nancy Margulis Martina, A.C.S.W., NY

... And Independent Research Proves It Works!

An independent scientific study conducted by Human Affairs International validates the results people get with the "Attacking Anxiety & Depression" program. Here are the documented conclusions:

"On average, customers who used this product experienced a substantial improvement in symptoms and other quality of life indicators and are no longer scoring in a range characteristic of troublesome. For these individuals, this program represents a cost-effective alternative or adjunct to treatment provided by mental health professionals." -- Jeb Brown, Ph.D., Director, Clinical Informatics Program, Clinical Policies and Programs

With "Attacking Anxiety," You'll Feel Your Anxiety Slipping Away Day By Day. You'll Become More Calm, Confident, Stress-Free, Panic-Free and In Control

The beauty of the "Attacking Anxiety" program is that it works fast and keeps you motivated. Every part of your being -- mental, emotional and physical -- will feel wonderful. You will see positive results almost immediately on the "Attacking Anxiety" program.

Every day, as your symptoms subside and you feel more in control, you'll also gain energy, excitement, and anticipation that you will be successful in finally beating this problem and getting whatever you want out of life ... with NOTHING holding you back any more.

It's Like Meeting With A Supportive Counselor Any Time Day Or Night ... As Often As You Want

The "Attacking Anxiety" program is like getting intense, one on one personal support and counseling with the latest and best proven treatments for anxiety ... only much better ... because there are no doctor visits, you can use it on your own schedule, and you can refer to it whenever you want or need to.

Look at all you get with my "Attacking Anxiety" program:

- ✓ 15 anxiety-busting lessons on 16 cassette tapes
- ✓ 256 page interactive workbook
- ✓ Easy, eye-opening self-assessments and evaluations
- ✓ 16 handy "Carry-Along" cards
- ✓ Access to Professionally Staffed Telephone Support Line
- ✓ 30 Day Money-Back Guarantee of Satisfaction

With "Attacking Anxiety," there's NO need to leave your home ... NO lengthy appointments ... NO disruption of your day ... NO costly bills ... NO time limits or

*"I don't know where I'd be right now if it wasn't for you -- in this very moment --
I'd probably be having an anxiety attack somewhere.
I am so proud of myself." S.R., KS*



schedules. You get all the help you need any time you want, as often as you want.

You May Never Have A Panic Attack Again

Not only will your whole body feel better, but you'll look better. Your friends and family will notice the new you. Your boss and coworkers will wonder what your secret is. Instead of feeling anxious, depressed and panicky, you'll feel energized, renewed and full of confidence. In fact, once you start, you may never have a panic attack again.

Many people write us of the tremendous change in their lives after completing just the very first session. Imagine what this kind of change could mean for you:

Imagine ...

- Today you start the program feeling lonely and afraid ...

...by next week you will know you are NOT alone, and you will feel confident that your life can change!

- Today you may be at the end of your rope, tired of tests and medications, searching desperately for relief from heart palpitations, dizziness, insomnia, stomach problems and all your physical symptoms ...

...in just weeks, you can possibly cut down or be off your medication, be symptom-free, and feel more alive than you ever thought possible!

- Today you may be depressed and anxious ...

...within a few weeks, you can be confident and proud -- conquering fears that have held you back for years -- now on your way to a whole new you!

Your Symptoms Are Never Too Mild, Your Situation Is Never Too Hopeless!

Perhaps you think your situation is not severe

enough to need "Attacking Anxiety". Maybe you think you're beyond help. You think you've read it all ... done it all ... been to all the doctors, therapists and psychiatrists you can possibly imagine and you are still on your medications.

If these are your thoughts, the good news is that "Attacking Anxiety" can help you no matter what your situation -- even when everything else has failed!

Remember, you're probably in the same state that I was in: feeling uncertain, discouraged, disappointed and helpless. You may feel as if no one understands and there's no hope for you.

I'm here to say that I've been where you are. You aren't different or alone or worse than anyone else. The fact is, the more severe your problem, the more dramatic the turnaround for you will be.

"Attacking Anxiety & Depression" Will Give You The Repetition And Reinforcement You Need To Change Your Life

Through no fault of your own, you've spent a whole lifetime developing the thought habits that turn into your anxiety related physical symptoms. The only way to beat your anxiety is the same way you developed it, through repetition and reinforcement.

The "Attacking Anxiety" tapes and workbook teach you the proven methods you need to beat anxiety once and for all. And the beauty is that you don't have to wait for a weekly therapist visit to hear them again and again. You don't need to pay thousands of dollars in therapy time to hear reinforced proven, anxiety-busting activities and habits.

With "Attacking Anxiety," you get all the help you need to use over and over every day, any time you need it.

You Get Recovery At A Fraction Of The Cost Of Therapy ... Right From Your Own Home ... At Your Own Pace

The "Attacking Anxiety" program has helped hundreds of thousands of people who thought they were



"I feel like I've made friends through the program even if we've never met. My husband comments on how I've changed. He says I can take care of myself and succeed at anything.... and he is right!" -Linda, NC

You Will Be In Control. You Will Feel Good No Matter What Is Going On In Your Life!

Every one of the 15 lessons in my "Attacking Anxiety" program is packed with proven, practical methods to beat your anxiety at its source ... once and for all! Just take a look at some of the healing you'll discover in each lesson:

Lesson 1: ♦ Measure your anxiety and discover its source -- it may very well surprise you! ♦ You're not alone -- find out what you have that all anxiety sufferers share.

Lesson 2: ♦ 6 steps that will end panic attacks for good

Lesson 3: ♦ The magic words that wash anxiety away ♦ 6 keys to healthy self esteem

Lesson 4: ♦ How to erase stress by expecting less

Lesson 5: ♦ 3 ways to take control of your body right now

Lesson 6: ♦ How to control anger and manage confrontations ♦ The key that instantly stops others from controlling your emotions

Lesson 7: ♦ The proven way to gain instant respect from everyone ... even complete strangers ♦ 6 keys that skyrocket your self-confidence ♦ 4 hand rails to happiness

Lesson 8: ♦ Put an end to what if' thinking ♦ 6 ways to overcome your limitations and maintain control

Lesson 9: ♦ 5 rules for letting go of guilt ♦ Learn to use your worry energy to change your life

Lesson 10: ♦ The proven way to end obsessive thoughts and actions ♦ 5 steps to stop scary thoughts

Lesson 11: ♦ How to lift yourself out of depression ... and possibly prevent yourself from ever going back

Lesson 12: ♦ 8 things holding you back in life that you can beat right now and get whatever you want!

Lesson 13: ♦ 12 steps to balancing your life

Lesson 14: ♦ How to manage stress before it manages you

Lesson 15: ♦ What to do when you feel you've stopped making progress

Don't suffer any more. Call 1-800-829-8156 now, and join over 200,000 people on the happy road to recovery.

hopeless enjoy a full recovery. It will do the same for you as you discover the same motivation, the same proven techniques and the same recovery.

I know that after all you've suffered and struggled with you may be a bit skeptical. And who can blame you? But what a shame it would be to let your skepticism keep you from the recovery that is now just a free phone call away with no risk at all!

That's Why I Give You A Money-Back Guarantee!

I know there are a lot of books and programs out there that promise you results. You've probably been to many doctors. You've probably tried all kinds of things. They've probably failed you in the past.

But I'm so sure you'll be a changed person with the "Attacking Anxiety & Depression" program that ...

If you're not absolutely thrilled with the results you get from the "Attacking Anxiety" program for any reason, just return it within 30 days. We'll refund or credit your charge account. No hassles. No delay. No questions asked. My program will change your life!
(Shipping & handling not included.)

You won't have to wait until you're finished with the program to feel much better. We guarantee you will feel better and have real tools for coping with your anxiety and depression in less than one month!

Think of it ... in less than 30 days your whole life will change. In less than 30 days, you can be rid of a lifetime of anxiety and symptoms. And we guarantee it will work for you!

If You Want Tomorrow To Be Different, You've Got To Do Something Different Today!
Reply Right Now And Get Started On Your Road To A New, Calm, In-Control You!

I know the only reason you've gotten this far in this brochure is because what I'm telling you makes sense ... these true stories of real people hit home with you ..

"I'm beginning to enjoy life once again and pursue my dreams. I'm getting stronger mentally, physically and spiritually every day. You truly have made a difference in how I think, act, and live." -- G.G. Age 19, IL



and you know in your heart that real life changes are necessary.

Don't deny yourself a quality of life that comes only to those who control their fears and anxieties. The world is an open book, ready for you to write the next exciting chapter.

Knowing that hundreds of thousands of people have come before you over the past 14 years should tell you two things:

- 1: There is **NO RISK**
- 2: **This program works.**

NOW is the time to get started! Mail your No-Risk Order Form, or call toll-free today, and I'll rush out your "Attacking Anxiety" program. You can be on your way to a whole new life. You can live without symptoms or fear. You can reach all your dreams ... and **you'll know this is true in just one month!**

With my most sincere hopes that you will accept this opportunity to help yourself,

Lucinda Bassett

P.S. If you want to feel different, be different, live differently, then you must learn to think differently. Whether you suffer from generalized stress, anxiety, agoraphobia or depression, my "Attacking Anxiety" program will help you. But you must take the first step.

Do it Now! There is absolutely **NO RISK!** Mail the form on page 15 today, or call, **1-800-829-8156**.

Isn't A Much Better Life Worth A \$19.95 Risk?

As Education Director of the Midwest Center, I know what you may be thinking. After years of defeat and lowered self-esteem caused by your anxieties, it may be hard for you to justify spending any money on yourself. But how can you put a price on your life? Your peace of mind?



Carolyn Dickman,
Education Director of
Midwest Center

I'd like you to answer these questions honestly and consider what it is really costing you to stay anxious and depressed:

How does being anxious affect your peace of mind and quality of life?

How does it affect your ability to make decisions and make commitments?

How does it affect your family, your relationships, your sense of independence?

How many hours of your day are spent worrying about things or events which are never likely to occur?

On the other hand, consider the benefits that will be yours with the "Attacking Anxiety" program (which is GUARANTEED to work for you, or the only thing it costs you is the \$19.95 shipping & handling). As you consider this life-changing decision, you need to ask yourself:

Can you put a price on the joy of feeling totally secure with yourself?

What is it worth to you to not have to depend on anyone else or any other situation for your sense of security and well-being?

What price can you put on being able to go wherever you want and do whatever you want to do any time you want?

What is it worth to you to be able to really and truly have fun and enjoy yourself no matter what is going on in your life?

What could be better than a life where you never again let fear or worry keep you from making decisions, changing your life and going after your dreams?

I'm sure you'll agree that these things are priceless. So the cost of the program to get them back in your life is a bargain ... especially compared to the cost of therapy and/or drugs.

If you want tomorrow to be different, you've got to do something different TODAY!
Call 1-800-829-8156 right now.

"Soon You Can Add Your Story To These Real-Life Success Stories"

Wishes She Had It Sooner

"I'd just like to say I wish I had been aware of your program long ago. It is the first solid, tangible thing I've found that allowed me to change my life. Thanks so much!"

-- A.T. Age 22, CN

Felt Better Immediately

"I had trouble justifying spending hundreds of dollars on myself for tapes ... I decided it was my only hope. God can only open a door so many times. You and the tapes saved my life. Immediately after I started the program, I started to feel better."

-- W.G. Age 30, OH

No Longer Needs Therapy

"Just today, when I went in to see my psychotherapist, she announced that unless I could think of a reason to continue, she could see no reason for me to return. I am so much more positive than when she first saw me about seven weeks ago (which coincidentally was when I began your program)."

-- R.H. Age 40, IN

Learning To Take First Place

"I have learned so much about myself in these past weeks since I started the program. Since starting the program, I have learned to be more assertive, not care so much about what others think, recognize when my stress level is too high and most of all, to take care of me first."

-- L.C. Age 51, OH

Friends Notice The Change

"Two weeks into the program, people were saying, 'you've changed, you look better, you're acting better!' And the tapes, I just can't say enough about them. They've changed my life!"

-- M.J. Age 40, MI

Not Going Crazy Any More

"I was convinced for years that I was going crazy. Now I believe that is far from the truth. I think the program is great! Lucinda, I'm so glad you beat this disorder ... you're a godsend to us all!"

-- C.S. Age 37, OH

Not Frightened Any More

"I cannot believe what a drastic change my life has had. What a joy to wake up in the morning feeling relaxed, 'lightened' and looking forward to the day. Every aspect of my life has been so enhanced by your program. Thank you so much Lucinda, you didn't just give me my life back, you gave me a new one."

-- L.B. Age 30, KY

Like A Changed Person Right From The First Tape

"I can't explain it, but from the moment I listened to the first tape in the program, I suddenly relaxed inside myself. From that moment on throughout the whole program, I felt like a changed person. I don't understand it myself, but I rejoice."

-- T.G. Age 45, ONT

Money Spent Wisely

"At the time it seemed maybe I shouldn't be spending so much money. I want you to know that NEVER was money spent more wisely."

-- J.T. Age 55, NJ

Best Investment Ever Made

"One night at about four in the morning I was pacing and very angry that I couldn't sleep or relax because I was having another anxiety attack. I saw your show on TV again and this time I was so fed up I went and ordered it. It was the best investment I've ever



made in myself! Since September, I've been off all anti-anxiety medication ... I still use the tapes all the time when I need a boost. I'm doing wonderful and I thank you, so does my husband."

-- A.S. Age 30, KY

Lucinda Has Cleared The Fog For Me

"I am very over-analyzing and intellectualizing by nature. But I will tell you that Lucinda has cleared up the fog for me -- mental, physical and emotional -- in a way no one else has ever come close."

-- B.D. Age 82, PA

I Have Learned To Help Myself

"I no longer take another's troubles and pains and claim them for my own. I have learned to help myself. What a pleasant change! I deal more effectively because of [Attacking Anxiety]. I am so much stronger. I am a survivor."

-- J.M. Age 45, OH

In Control And Feeling Great

"I would like to thank you for the opportunity to take charge of my life and put an end to my chronic anxiety problems. Through the use of your Attacking Anxiety tapes I have been able to gain control and start enjoying life again."

-- L.R. Age 18, MI

ATTACKING ANXIETY NO-RISK ORDER FORM

Look At All You Get!

- ✓ 15 anxiety-busting lessons on 16 cassette tapes
- ✓ 256 page interactive workbook
- ✓ Easy, eye-opening self-assessments and evaluations to monitor your progress
- ✓ 16 handy "Carry-Along" cards
- ✓ Access to Professionally Staffed Telephone Support Line
- ✓ 30 Day Money-Back Guarantee of Satisfaction

Plus These **FREE BONUSES**

(\$50.00 Value)

YOUR GIFTS TO KEEP When You Place a **NO-RISK** Order Within The Next 5 Days!

- ✓ **FREE** Seminar Video "Overcome Your Fear & Anxiety"
- ✓ **FREE** "Less Stress Success" Audio
- ✓ **FREE** Issue of the Less Stress Press newsletter



There's NO Risk!

Act NOW To

▼ Change Your Life! ▼

MONEY-BACK GUARANTEE

Our guarantee is simple: If you are dissatisfied for any reason, simply return the materials in good condition within 30 days. We'll credit your charge or issue a refund less shipping & handling. No questions, and no delays.

☐ **YES! I want to enjoy my life FREE of Anxiety, Stress and Depression!**
I want to find a Peace of Mind.

Please rush me the complete *Attacking Anxiety & Depression* program. I understand that if I am dissatisfied for any reason, I will return the materials in good condition within 30 days for a full refund less shipping & handling with no questions asked.

☐ **FREE FAST-REPLY BONUS!** YES! I am responding within 5 days. Please include my FREE BONUSES valued at \$50.00! This includes the "Overcome your Fear & Anxiety" video, "Less Stress Success" audio, and FREE copy of the Less Stress Press Newsletter. I understand these FREE BONUSES are mine to keep, even if I return the Attacking Anxiety program for a full refund.

CHOOSE METHOD OF PAYMENT

- ☐ **Regular Pay Option.** Enclosed is \$379.89 (\$359.94 + \$19.95 shipping/handling)
- ☐ **Extended Pay Option.** Enclosed is \$79.94 (\$59.99 + \$19.95 shipping/handling). I will pay an additional \$59.99 per month for the next 5 months.
- ☐ My check or money order is enclosed.
- ☐ Charge my credit card: ☐ VISA ☐ MasterCard ☐ AMEX ☐ Disc

Name: _____

Address: _____

City: _____

State: _____ Zip _____

Phone: (____) _____

Important: Write code which appears above your name on the next page here: _____

For Fastest Service On Credit Card or check by phone Orders

24 HOURS A DAY, 7 DAYS A WEEK

Call Toll FREE 1-800-829-8156
or FAX Anytime 419-898-0669

Card No. _____

Expiration Date ____/____/____

Signature _____

Make Check Payable To: Midwest Center for Stress and Anxiety, Inc.,
P.O. Box 205, 106N. Church St. Suite 200, Oak Harbor, OH 43449

Allow up to three weeks for delivery. All OHIO residents add 6% sales tax. If you have any questions about ordering, please call 1-800-634-4011.

Take Control of Anxiety And Depression!

Eliminate Your Anxiety, Fears, Worries, Stress, Panic Attacks And Even Depression ... As You Never Imagined Possible!

-- Lucinda Bassett, former anxiety sufferer, best-selling author & President of the Midwest Center for Stress and Anxiety will show you how to control your fears and emotions safely without drugs.



Which Of These Personality Traits Do You Have?

If you Have Any Of These Personality Traits Common To Those With Anxiety And Depression, You Need To Read This Brochure Now!

- ☐ **Worrier**
- ☐ **Extremely Analytical**
- ☐ **Emotionally Sensitive**
- ☐ **Over-Reacting**
- ☐ **Sensitive to Criticism**
- ☐ **Low Self-Esteem**
- ☐ **Need To Appear In Control At All Times**
- ☐ **Inner Nervousness**
- ☐ **Obsessive Thinking**
- ☐ **High Expectations**
- ☐ **Guilt Ridden**
- ☐ **Easily Irritated**
- ☐ **Hypochondriac**
- ☐ **Sensitive To Negative Events**

Over 200,000 People Have Used "Attacking Anxiety" To Recover From Anxiety And Depression

Including ...

- U.S. Coast Guard
- Undersea Warfare Department
- Chrysler Corporation
- AT&T
- McDonald's Corporation
- Merck Pharmaceuticals
- Ford Motor Company
- Hospitals and Colleges Throughout America
- A National Network of Psychologists, Psychiatrists and Therapists

Attacking Anxiety

Midwest Center For Stress & Anxiety
P.O. Box 205, 106 N. Church St. Suite 200
Oak Harbor, OH 43449

BULK RATE
U.S. POSTAGE
PAID
PERMIT #355
WELLS, ME

AS SEEN WITH
Oprah!

Regis and Kathy Lee,
Leza, and Barbara
Walters