



Charles Linden,
International anxiety disorder expert

The Panic Panademic

quickly or effectively to the stressors our modern environments inflict on us.

But at what price does the lack of necessary physical evolution come to us?

Stress, anxiety, illness, aggression, depression, alcoholism, prescription drug dependence, recreational drug addiction; these are all conditions born of our desperation to survive, maintain normality and cope in spite of our physical deficits and the stress we endure.

From young children to retirees, statistically one in four people in the UK will suffer from an anxiety related condition requiring medical intervention in any 12 month period; this statistic is, in fact, reflected across the Western World, making anxiety conditions a pandemic with far reaching and catastrophic consequences socially, economically and medically. Nearly every person I know has experienced anxiety to one degree or another; sweaty palms, insomnia, IBS, palpitations and breathlessness are all the symptoms we associate with stress but the reason for this is clear. All of these symptoms are implicated in the 'flight or fight' response, our genetically pre-programmed mechanism that developed in order to prepare the body for defense against impending threat. When insomnia and a racing heart keeps you awake all night, it's improbable that there is something lurking beneath the bed that would require such an intense and sometimes overwhelming, physical reaction in order to protect us from it.

Anxiety disorders are often diagnosed as stress or even depression; but what is truly lurking beneath these distressing symptoms and thoughts? You see, some medical 'professionals' would have you believe that anxiety conditions are



'mental illness' born of 'nervous breakdown' or 'depression', but how wrong they are! You see, anxiety disorder, like the emotion of anxiety itself, is stored and perpetuated in the subconscious mind in a similar way to habits, as bundles of neural pathways of learning. Unlike behaviours, which become ingrained and habitual, like driving or reading, the anxiety response is adaptable. Anxiety has to be adaptable in order to behave appropriately as our environments change through life so as we move from a place of relative safety to a place with perceived threat, our anxiety levels rise and fall, but, during anxiety disorder, our anxiety levels don't fall and although we know consciously that our anxiety levels are not appropriate to our situation, our subconscious mind believes that the level of anxiety it is producing is entirely appropriate. In effect, the anxiety switch becomes stuck on!

So, it stands to reason that to reverse this process in order to eliminate an anxiety disorder, it is vital that this inappropriate response is corrected by forcing an 'environment for change' which 'fools' the subconscious mind into thinking that it needs to 'reset' the anxiety level



Trouble getting to sleep, insomnia, dizziness, sweats, phobias, tight chest, shortness of breath, digestive problems, palpitations. Are any of these symptoms familiar to you? Surprisingly they are all too familiar to over 25% of people in the UK and with the current worldwide economical and political unrest, numbers are growing exponentially. But what causes them and what can be done about them? Charles Linden, international anxiety disorder expert and author, explains how and why anxiety conditions are formed and how his programme, The Linden Method has defied medical and psychological practice to provide a conclusive cure for a condition that is 'managed' as incurable by conventional medics and psychology.

Charles Linden explains: "We live in a fast, exciting and sometimes threatening world. Our bodies and minds are expected to 'keep up' with the pace and physical evolution is still playing 'catch up' as our frenetic lifestyles put ever-increasing stress on our bodies. We are designed more for cave dwelling and hunting, not jet setting and partying! Our lives demand expedited human evolution, but these changes happen over millennia not centuries and we are ill equipped to adapt

back down to a more appropriate level.

Anxiety disorders are at the core of most mental health absenteeism in the workplace and are responsible for millions of missed workdays and tens of millions of pounds worth of wasted human resources, medication and treatments in the UK alone. To ignore the situation is to allow the rot to spread.

At the Linden Centre, we have used The Linden Method programme to help well over 115,000 people around the world to do just that. With a confirmed success rate of over 96% amongst complying clients, The Linden Method is the most targeted, successful and permanent anxiety elimination Method available."

Referrals from medics, psychologists, hospitals and NHS trusts grow by the

month and with the launch of the new TV series in May, 'Stress Less with Charles Linden', adding to the magazines columns, websites, newspapers and radio work, Charles Linden is now recognised as the most respected and influential anxiety expert in the World.

"No other anxiety elimination programme or resource offers this unique programme of recovery or this level of support. As an ex anxiety sufferer I recognise the importance of providing a professional, supportive and reassuring resource which is so far removed from any other resource available anywhere, through private or public sector channels. We at The Linden Centre are so certain that clients will be cured, that our programmes are guaranteed to work or we refund the cost. You see, I have made it company policy that if we can't cure you, we don't want your

money! Our curative programmes start at just £47 including email support, making the solution accessible to most sufferers." Charles Linden

If you or someone you care about is suffering with an anxiety disorder, please contact our Anxiety Specialists on: 01562 742004 for a free consultation or write or visit us at:

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