

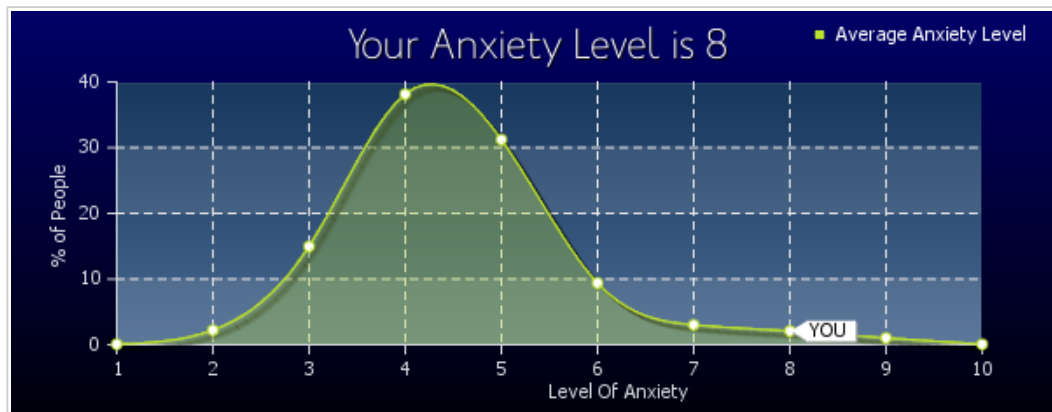
NEW LIFE WITH
CALM **CLINIC**
ANXIETY PROFILE

A COMPREHENSIVE SOLUTION FOSTERING
STRENGTH, CHARACTER AND SELF-EMPOWERMENT

Your Custom
Anxiety Profile

“Your Anxiety Level is 8”

Let me explain you what this means and how you can use this knowledge to neutralize your anxiety levels using these simple techniques and strategies



This "Anxiety Level Chart" shows how you compare to the rest of the population. Level 4 is average.
Sample size: 57,500

Dear Joseph,

According to your score on the Anxiety Test, you are very anxious; in fact, more anxious than 90% of the population. Your anxiety seems to have become problematic in your day-to-day life, as you have surely realized at this point. It could be holding you back from doing necessary things, putting a damper on experiences that have the potential to be wonderful, or causing some problems in your relationships. Anxiety can also seriously interfere with your job performance and lead to stress-related health issues, or limit your social activities so that you miss out on fun opportunities. The good news is that things don't have to be this way. Step one on the road to recovery is realizing that suffering from anxiety is **not your fault**. It may be a result of difficult life events, learned coping patterns, unhealthy attitudes or even biological factors. Moreover, you are not alone - a large percentage of people suffer from various degrees of anxiety. Consider reading this page and tips on the next page of your Anxiety Test report to help you get over your anxious feelings.

Anxiety is a natural human reaction to life's stressful events. If, however, anxiety begins to interfere with our day-to-day level of functioning, this is when we need to take a closer look at the roots and possible triggers of anxiety. Included in the results section is your overall score, results on each of the subscales, and some helpful advice on how to deal with anxiety.

Read on to find a detailed analysis of your quiz results and areas in your life where you can improve and how.

But first, let me explain you...

How Your Results Were Calculated

Your answers, you provided while taking Anxiety Test, were scored on five different most commonly used scales to diagnose anxiety and panic disorders:

- *Hamilton Anxiety Scale*
- *Taylor Manifest Anxiety Scale*
- *The Clinical Anxiety Scale (CAS)*
- *Hospital Anxiety and Depression Scale (HADS)*
- *Zung Self-Rated Anxiety Scale (SAS)*

The results from these different scales were customized and summarized specifically to you and your case of anxiety.

So read your Custom Anxiety Profile in full to find what's causing your anxiety and panic, and how you can permanently neutralize it by making few simple changes today.

(continued on the next page ...)

The Exact Steps And Specific Directions To Overcome Your Anxiety

For some people, fear makes sense. They feel fear at **appropriate** times, like when they watch scary movie, hear loud noises in the middle of the night, or when their cars skid on icy roads.

But for other people, fear crops up in situations that you can't explain logically.

Take away that icy road and pretend it's a breezy spring day and you're driving six blocks to go out to dinner with an old friend. Nothing scary about that, right?

Unless You're One of Us

One in nine people is struggling with overwhelming anxiety and panic. **Did you know there were so many of us?**

Maybe there are times in your life when you are so paralyzed by worry that your day-to-day activities halt completely. You roll out of bed and wish you could roll back in. The thought of getting into your car and driving to work sends you into a tailspin.

You're afraid that you'll have a panic attack in aisle five of the grocery store, worried about what people will think of you if you fall apart in line at the bank, afraid that you won't get through another day of "faking it" through the racing heart, the dizziness, and the choking terror that arises every time you have to open your mouth in front of a group of people.

I've Been There...

And because I've been there I know that Anxiety and Panic Attacks are possible to completely eliminate if you know **EXACTLY** what to do about them.

What I want you to know beyond a shadow of a doubt is that knowledge is power, if you bother to take the next step beyond just knowledge: action!

If you have been plagued by anxiety or panic attacks, it is time to attack your enemy back!

What I'll share with you is a new technology never seen before. This is the material you will *not* find in any store, in any library, on TV, or at the FDA. It is the material that worked for me, **EVERY** time.

But first, you must understand that your anxiety is nothing but a behavioral problem and that it can easily be corrected with the right strategy.

Many people fear that their anxiety problem is a sign of a mental illness. It is **not**.

It can be permanently neutralized and you **CAN** and will, with the right guidance, return to the old you, that you used to know.

If you follow along with me, I will walk you through exactly what **WILL eradicate your anxiety for now and forever** if you are patient enough to follow the steps that are ahead.

But before we get to that, we must completely understand where you are today. We must understand your **current** situation. Why?

It's very simple. Look, if you're lost in the woods but have a map with you, the first point you're going to look for on that map is the nearest road or village, right?

Yes ...if you want to tramp there forever.

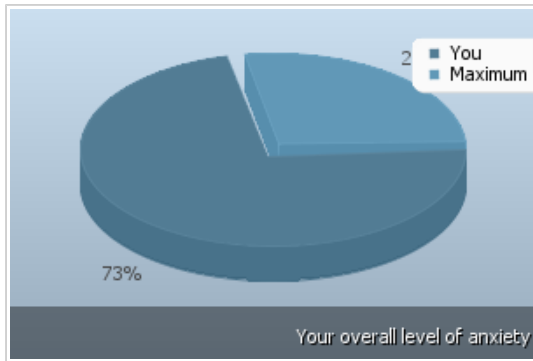
If you're lost and you want to find your way you the first thing you have to do is find the exact spot where you are located. And only *then* you'll be able to navigate yourself out of the woods and to the nearest road or village.

Makes sense, right? So knowing that, let's together go through...

Your Personal Anxiety Test Results

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Your Overall Anxiety Level (Your Score: 73.2)



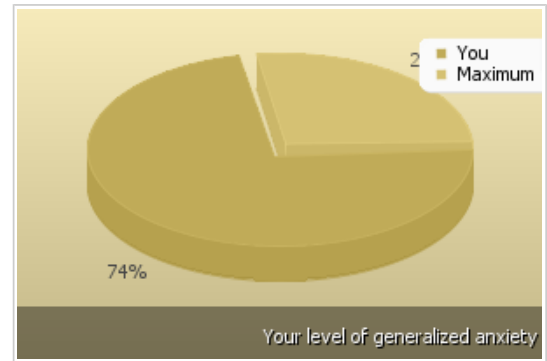
Your level of overall anxiety is computed by comparing your inputs with data that other people taking this survey provided as well as and statistics found in studies of anxiety sufferers.

Most people probably see you as an extremely anxious person. You lose your temper very easily, your emotions are always turbulent and you are haunted by persistent sensations of discomfort running through all the levels of your being.

You may have had some kind of nervous breakdown, or you may feel like you'll have one anytime soon. You have little to no control over your own life, since at this level anxiety can manifest in rather unpredictable and damaging ways.

If you want to overcome your problems, you must recognize you're suffering from a serious psychological sickness that's taken a huge toll on your life quality.

Your Generalized Anxiety Level (Your Score: 73.7)



A state of continuous apprehension and anticipation of something horrible, characterized by excessive anxiety and unrealistic worry.

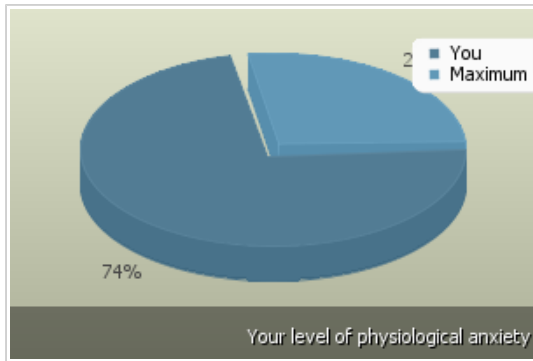
Living with generalized anxiety disorders can be extremely confusing, unnerving and tiresome. That's because when you have such condition, you become your worst enemy and you consistently sabotage your happiness and satisfaction without even realizing so.

Your test results clearly indicate you have severe anxiety problems, and sometimes you might feel as though you're unable to live a normal life and be completely happy again. Sometimes you probably feel there's a dark cloud engulfing your mind and heart, which makes your existence miserable.

Remember, you can learn to dissipate this cloud, but you must be willing to dedicate time and effort to achieve such a goal. If you are really sick of anxiety running your life, be sure to try step-by-step action plan I will show you on this page.

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Your Physiological Anxiety Level (Your Score: 73.5)



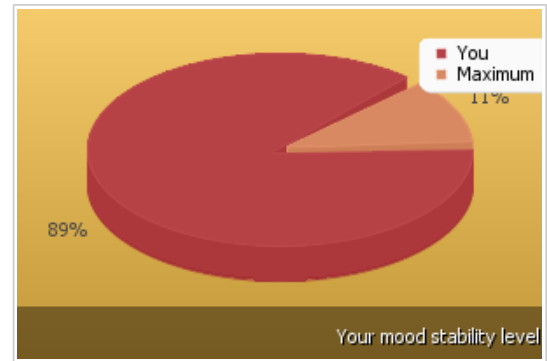
Somatic manifestations of anxiety such as fatigue, tension, digestive problems, palpitations or pounding heart, sweating, etc.

Living with acute anxiety is never a pleasant experience. But when you start getting bizarre and painful physical symptoms, it can be absolutely terrifying.

In your level of anxiety, you have probably experienced intense digestive problems, overwhelming muscular pains, constant fatigue, uncontrollable dizziness and tremors, and several other disturbing effects.

You may sometimes fear there is something terribly wrong with your health, even though your medical doctors tell you there is no valid physical cause to your problems. If that's the case, you need to focus on neutralizing your anxiety, since that's the only way you can hope to reclaim your physical well-being.

You Level Of Mood Stability (Your Score: 88.9)



Level of mood instability (mental agitation and psychological distress).

For longer than you can remember, you have been caught up in a terrible and frightening emotional roller coaster.

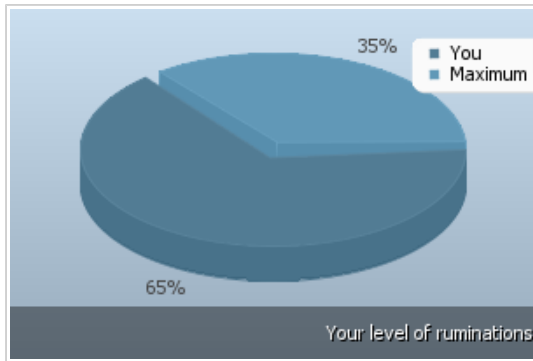
You normally feel uneasy and gloomy, and sometimes it seems like there's a dark hole in your chest, sucking all traces of happiness and enjoyment out of your life.

You probably have a tendency towards depression, and more often than not you shudder at the thought of getting out of bed and starting a new day.

You may feel like you have absolutely no control of your emotions, but you need to realize that's an effect of intense anxiety. Once you make the decision to start managing your condition, your mood will be more stable and consistent.

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Your Level Of Ruminations (Your Score: 65.4)



Recurrent thoughts that are distressing and disturbing.

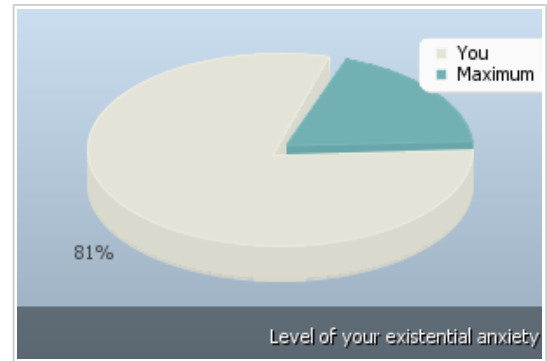
You seem to experience intense discomforts because you are never quite capable of putting your mind to ease.

Anxiety keeps you worrying and obsessing about futile technicalities. And that frequently turns against you. Rather than just enjoying your life, your anxiety seem to focus your mind on things you can't really change.

Even when you are dealing with a problem you can do something about, anxiety stops you from focusing on finding a solution. Rather, it wastes all your energy by keeping you on your toes and constantly worrying just for the sake of it.

You must take action as soon as possible. Otherwise your anxiety will likely keep you sinking in the mud of your own preoccupations.

Your Existential Anxiety Level (Your Score: 81.3)



Anxiety state related to personal mortality, self-acceptance, guilt, and meaninglessness.

Seen from your eyes, life must seem like a puzzle which you desperately need to figure out.

You frequently look for meaning, but all you can seem to find is dark hopelessness. You probably have serious insomnia and memory problems. Anxiety sank your self-confidence to rock bottom. And sometimes you may even wish you would just die.

From your perspective, life seems terribly dull and pointless, but you must keep in mind that your outlook is severely tainted with anxiety. You must find the strength to reclaim your well-being!

It will take some time... But it will be the most important passage in your life, and you'll feel like you are completely different, happy, normal person again.

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Now that we have a clear picture of our current situation, it's about time we learn WHY most men, who try to overcome their anxiety and panic—FAIL!

For some strange reason nobody talks about mistakes we make while fighting anxiety. It's almost a "taboo" topic.

But looking back at my years of suffering is like looking at a man trying to make a new door in a brick wall with his own head. I kept high-fiving that brick wall without ever considering what stopped my progress and kept me anxious was simply the...

Top 10 Most Dangerous Panic-Fueling Mistakes Men Make While Fighting Anxiety

In our society where we are supposed to "man up" and take life "like a man," most of us make dozens of different mistakes that only serve to fuel our stresses further. So here are the top ten mistakes that men make while fighting anxiety and how to make sure **YOU** avoid every one of these deadly common mistakes...

Mistake #10: Grabbing and Gulping Pills Doctor Prescribes You

Most of us guys think that our anxiety and panic attacks will vanish with the first pill we take. I thought that, too.

But boy was I ever **WRONG!**

By popping those pills we change the chemical balance in our brain, which in turn starts to do its best to alarm our bodies that there's something not right, that there's something unnatural messing with our brains.

How?

By creating symptoms like dizziness, skin rash, depression and hallucinations to name a few.

Doubt me? Just ask Pfizer, the manufacturer of the most popular anti-anxiety drugs, who publicly admitted to a The New York Times reporter that it is true. That all anti-anxiety drugs can even increase your panic and anxiety.

Or like they call it: "Cause a paradoxical reaction."

Mistake #9: Meditation and Yoga

Another huge and unfortunate mistake that most men make while fighting anxiety is trying to calm themselves with meditation or yoga.

Don't get me wrong, meditation and yoga can do wonders for your mental health

...**UNLESS** you're suffering from anxiety or panic attacks.

Contrary to the popular belief that meditation, yoga and relaxation help with anxiety, recent studies conducted by Professor Dan Stein (director of the Medical Research Council) proved that it actually serves as an activation mechanism for your anxious thoughts.

Since yoga and meditation silences our conscious mind, all thoughts that reside in subconscious - and which were blocked by our "protective" conscious mind - emerge once again.

This explains why 83% of guys in Dan Stein's study felt as if their anxiety and panic had increased just after a couple sessions of meditation and yoga. Also it explains why nocturnal and early morning panic attacks are so common - just when our consciousness is the least active.

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I realize that this doesn't make a lot of logical sense, and it's hard to ACCEPT... but GET OVER IT.

Until you accept the FACT that most of the conventional ways to fight anxiety are wrong, you'll NEVER be able to return to your former, confident, extroverted, care-free self.

Mistake #8: Thinking "Right-Breathing" Will Snap Anxiety Levels Back To Normal

Have you ever tried to calm your anxiety or panic using deep diaphragmic breathing?

Chances are good that you, like me, have tried at least a couple of different "In Through The Nose, Out Through The Mouth" techniques.

And just like me, I'm sure you noticed how, even though recommended by most books and many "anxiety experts", these breathing techniques never really seem to calm you down and sometimes make everything even worse.

What's going on here?

It's actually very simple...

When you try to calm your anxiety and panic with deep breathing you actually reduce the carbon dioxide levels in your blood by 50% in as little as 30 SECONDS.

In schools we were taught that carbon dioxide is harmful to our bodies, but actually it is CRUCIAL to maintain a proper acid-base or pH levels in the blood.

"Overbreathing" raises the pH level in your nerve cells and they become more excitable and sensitive. And as a result of that, in less than a minute, you start experiencing different physical symptoms: Heart palpitations, chest pain, dizziness and faintness, just to name a few.

So beating anxiety and panic with deep breathing is just a bad idea. One that will never work.

Mistake #7: Not "Getting" How Human Brains and Anxiety Work

Intentionally trying to overcome your anxiety and panic isn't just difficult, it's UNNATURAL.

Think about it.

To our great-grandfathers anxiety and panic were two of the most useful emotions you could ever have. These emotions activated their survival responses, and prepared them to either run away or fight.

And this was great for our ancestors: You see that mammoth approaching, and it's time to run like crazy or get ready to try to put it on the dinner table.

So with time our brains evolved and became more sensitive and faster at predicting a threat to our lives - even though most of the time they were wrong. But it's better to be wrong and still alive, than to be right but dead, right?

Hard as it is to imagine, our lives today are even more dangerous than our ancestors' from just a few hundred years ago.

So when you think about it like that, it's no wonder that more than 40 million adults in the USA alone are suffering from anxiety disorders. Our cultures have advanced faster than our brains could adapt.

And all these physical symptoms of fear you experience are nothing more but a response to that PERCEIVED threat. And this automatic "protection" mechanism becomes a default pattern of response to our outdated brain - and we simply can't stop following it.

But if you know how to reprogram your outdated brain, YOU can return to your old-self that you used to know: extroverted, brave, strong, confident, masculine and happy.

You have to LEARN how to do this. And ANY guy can learn how...

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Mistake #6: Fighting Anxiety With Inefficient Tools Like CBT or Distraction

According to the studies conducted by the U.S. Department of Health & Human Services, Cognitive Behavior Therapy (CBT) - the main form of treatment for anxiety disorders - works well in university based clinical trials with subjects recruited from ADVERTISEMENTS.

But when it comes to the real world issues, the results are **very discouraging**, making even leading cognitive behavior therapists themselves to question aspects of their discipline and recognize its LIMITATIONS.

No wonder so many anxiety “solutions” work only temporarily - 99% of them are based on CBT.

And though “distraction” - another popular way to fight anxiety - brings short-term results for some men, what they’re actually doing is subtly supporting the belief that their thoughts are threatening and harmful, making their anxiety and panic worse in the long-term.

Don’t do it. There’s a much better way...

Mistake #5: Trying to “Sweat It Out”

The problem with “sweating” your anxiety out by adding some regular physical activity to your daily life isn’t that it doesn’t work. It’s that it works FOR THAT TIME ONLY.

I can show you guys who are professional basketball players and guys who run marathons at least once a year. Guys who are in the top physical shape ...yet they still suffer from panic and anxiety.

Why? It’s simple.

Our anxious brains have a tendency to “play” with our adrenal glands. From time to time it’ll release a surge of adrenalin into our bloodstream just to “protect” us and keep us “alarm”.

So when we exercise, our bodies absorb and burn off that excess adrenaline that make us feel anxious and panicky. And as soon as the adrenaline is out of the system - we calm down.

But that doesn’t fix the root of the problem, now does it? It’s just a quick-fix that actually doesn’t last that long.

Few hours later our anxiety starts messing with the adrenal gland and we’re back where we started. And no man has enough time or enough physical strength to exercise more than two times a day.

Let me say this again: Exercise is good for you and your body. It’s just that it’s NOT effective tool to deal with anxiety and panic.

That’s why it’s so IMPORTANT to understand how anxiety and panic actually works. Only then we’ll be able to snap anxiety levels back to normal.

Mistake #4: “Talking It Out” on Therapist’s Couch

Now I'm going to blow your mind...

Therapy is the least effective “solution” you can choose for your anxiety and panic problem.

First of all, the success of the therapy doesn’t depend on the degree your therapist has, nor does it depend on his hourly rate.

The success of any therapy depends mainly on whether you like the guy or not! Or in “professional” terms - whether there’s a “therapist-client alliance”.

And since there aren’t that many psychiatrists who actually had been where their clients are, the success rate of psychotherapy is abysmal. According to the recent study - reported in “The New England Journal of Medicine” - less than 10% of patients with anxiety, who get counseling, report any benefit at all.

That’s not good and you KNOW it.

Mistake #3: Coping On-The-Spot or “Floating”

Another huge and unfortunate mistake that most men make while fighting anxiety is relying on “on-the-spot” coping techniques.

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You probably too have tried a number of “special” tactics you use when you’re in the midst of a panic attack or at the peak of your anxiety. Do they work?

Well yes ...and NO!

Let’s be honest here. It all sounds good in THEORY: When you feel panic attack coming, just embrace it and “float” through it. Or like one “anxiety expert” is teaching, “You expect and encourage your panic attacks to happen.”

But when we get anxious or stressed or distraught, it’s VERY hard to implement any of the things we know we should do. Even if it takes 7 seconds to do it - it’s just too hard!

So it’s just another bad idea...

Look, to become a good and safe driver, you don’t go around city looking for a situation where you could CRASH your car so you know, for sure, that your air bags are working and that you can survive the impact.

Heck no!

You do your best to become the BEST driver you can be, so it’d NEVER happen. You learn how to drive your car while you’re in CONTROL, not when you’re heading into that wall and screaming your lungs out.

The same is true with anxiety and panic:

You reprogram your brain when you’re in CONTROL and simply BLOCK your attacks from EVER happening again.

Mistake #2: Facing Your Fears

If you had come to me few years ago and asked to face my fears I would have thought you were crazy in the head. I was afraid to leave my room. And even thinking about facing my demons would have sent me into a tailspin.

And I’m happy I didn’t, because it’s just another HUGE mistake...

Let me explain.

Think of your anxiety and panic as a by-product of your brain. When there’s something wrong with your life it signals you by using different emotions.

For example, just as the emotion of envy shows you that there’s “something you want but don’t have” our anxiety and panic show us that our deepest personal needs aren’t fully met, that there’s a LACK in our life.

So when you face your fears - you are only concentrating on the symptom, not the cause.

Anxiety and panic is NOTHING like a Post-traumatic stress disorder or your regular phobia, where there’s a SPECIFIC and LOGICAL reason in the past for your current fear: dog bit you as a kid, so you’re afraid of dogs; or you survived a horrible accident, so you are afraid of driving.

Anxiety and panic are ILLOGICAL. Thus by facing one fear and neutralizing it, your brain - if not correctly “reprogrammed” - will pop another illogical fear.

It will simply keep popping up one new fear right after another, no matter how often you keep facing your demons.

Mistake #1: Not Getting HELP

This is the biggest mistake of all.

This is the mistake that keeps most guys from EVER beating their anxiety and panic, and returning to their old-self that they used to know: extroverted, brave, strong, confident, masculine and happy.

I know, guys don’t like to make themselves look weak or helpless. We don’t like to ask for help.

Hey, I’ve been there myself.

Let me tell you a little about me and how I figured how to permanently beat anxiety and panic...

About five years ago my panic and anxiety were making me think I was going crazy and voices constantly rang in my head telling me I’ve lost it and was going to die.

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Then - because my anxiety cost me my job - I had to move back in with my parents. I felt humiliated, but there was nothing I could do.

It frustrated the hell out of me to see all my friends starting their careers, chasing their goals, while I had nothing - not even a bit of confidence that I was going to survive.

One night I was just sitting in my bed and staring at the walls. Feeling like the air had been sucked out of the room and dreading to face another day full of panic and fear... right then I made a decision that it was it. That I was going to do whatever it took to learn how to permanently beat my anxiety and panic, and start living the life I always wanted.

Well, after a lot of hard work and trying all kinds of crazy things, I finally figured it all out.

Today, I live in my own beautiful home. I met a stunning girl who later became my wife. I successfully started my own business and now enjoy emotional and financial freedom I once thought was impossible.

Now a lot of people tell me I'm a *completely* new man. But I think I've just returned to my "old me" that I used to know - extroverted, brave, strong, confident, calm and masculine.

It has been a very rewarding experience. The world, once a jail, is now alive with possibilities.

I remember how hopeless and alone and crazy I felt when I was locked into my room, wishing the world would disappear. Now I read thousands of e-mails from people who write to tell me about their own difficulties with anxiety, so relieved to find that someone in the world understood what they were going through.

And this Calm Clinic website serves me as a megaphone to shout to the world that there is always hope. I'm not a superhuman - if I can do it, you can.

In addition to this website, I also have a downloadable eBook that you can download and be reading in literally MINUTES from right now.

In it I share specific strategy and techniques for overcoming fear, neutralizing anxiety, and eliminating panic attacks from your life - once and for all.

Download Your Copy Of The Online eBook Here:

<http://v.calmclinic.com/>

And I'll talk to you again in a couple of days...

Your Friend,



Ryan Rivera