



Do Not Panic - Here is How You Control Your Panic Attacks

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Always consult with qualified medical personnel on health issues.

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Prologue

Panic, nervousness, anxiety and tension are a part of one's life and have been experienced by everybody at some or the other stage of their life. Various aspects of life are responsible for such conditions which might include work pressure, examinations, crucial meetings, domestic commitments etc. These panic attacks damage the entire process of a human body thus affecting it physically, emotionally as well as psychologically. However, due to the advanced technologies and scientific inventions, such panic attacks are rightly being dealt with via a proper, planned and organized treatment of the patients. The symptoms of such attacks help in determining the type of disorder and tackling it accordingly. Such symptoms include - chest pains, dryness of mouth, giddiness, lack of sensation, clammy hands, difficulty in swallowing, fatigue, sweating, shortness of breath, weakness etc.

The panic disorders are usually more critical than the general tension and nervousness. Such disorders occur anytime during the life span of a person. It has been researched that about 2 million people in America suffer from this disorder. These disorder attacks and symptoms vary from 5 to 20 minutes usually, while the intensity of these attacks varies in different people. These attacks affect the psychological bent of mind in the person and patient develops a regular fear of attacks. Such fears mar the personal, professional and social life of the person who becomes more depressed and always feels dejected.

Describing Panic Disorders

Among numerous emotional disorders, the panic disorder or phobia is the most common one as compared to even alcoholism and depressive ailments. The phobic condition is really difficult as it stays mostly hidden since the person fears to describe the ailment to anyone. According to various researches and the findings of the US National Institute of Health (NIH) 1 person in every 15 or 7.2% of the adult population, suffer from this sort of the disorder. In the United States, 1/3rd of the adult population suffer

from the panic attacks which might surprisingly not repeat in future. The panic disorders and attacks lead to other medical disorders as well which further reduce the physical and psychological state of one's body.

These attacks also lead to various misdiagnosis conditions which are medically known as 'Panic Mimics'. These panic mimics include other ailments like asthma, angina, vertigo, irritable bowel, postural hypotension, colitis, mitral valve prolapse, hiatal hernia as well as hypertension. In such conditions, a patient gets deluded by thinking that he/she has some particular illness and visits various doctors for the same. As soon as such symptoms and mimics shift, the patient changes the doctor accordingly. In such scenarios, various professional physicians can diagnose the actual panic mimics and advise effective as well as properly planned treatment.

Such panic ailments affect the proper functioning of main organs of the human body, including heart, lungs, stomach, pancreas, glands, eyes, intestines, bladder, kidneys and even a group of vital muscles. Panic usually occurs due to increased stress and anxiety levels in a person. These attacks can also be hereditary. The panic attacks usually include the symptoms – terror, nausea, breathing problems, palpitations, chest pains, chills, flushes, numbness, embarrassment, etc. These disorders usually develop in adults, however, may even attack the elder generation. A panic attack can even be of short duration which include the panic attacks when one rides an elevator or during swimming. Such attacks restrict from all the social activities of life. Such situation is medically termed as 'Agoraphobia'.

However, these disorders could be treated well with 70-90% positive results with the virtue of treatments like psychotherapy or the cognitive-behavioral therapy which demonstrates the ways to reduce panic and anxiety. Therapy of exposure is another type of treatment which exposes the individuals steadily to fearful situations until they do not affect him/her at all.

Different types of panic and anxiety disorders

There are various types panic and anxiety disorders associated with the ailment of panic attacks. The patients usually feel too worried about their personal matters which might be financial as well as related to health. They are always engulfed with worries and anxieties and have different reasons

to justify the same. People usually feel offensive and fear different sorts of attacks and physical harm. They have numerous phobias in such a state which might include different animals in the locality, airplanes flying, fear of gatherings and social events. The disorders could be both compulsive as well as obsessive. Usual washing of hands, cleaning the house time and again and checking the work again and again for the fear of errors include some of the compulsive disorders.

There are numerous general symptoms which include trembling, dizziness, shortness of breath, racing of heartbeat, etc. If untreated, the panic disorders can lead to stern consequences in a person's life. Various patients if not treated well in time face various additional psychological disorders like immense depressions, drug abuse and alcoholism. These disorders usually mar the social life and also ruin the profession of such people.

How to tackle panic disorders

Panic attacks could be handled with virtue of numerous breathing exercise, psychological trainings, relaxing techniques and tips etc. While doing so one needs to be well aware of the reasons and indications of the panic attacks. One should always examine the root cause of anxiety and tensions in the life which may develop due to various reasons, such as, interviews, work load, domestic matters, speaking in public etc. Once identified, one can take advantage of different exercises accordingly so as to reduce the stress levels to a larger extent. Since panic arises due to the feeling of certain threat or danger, it is always advisable to develop a feeling of safety and security in the environment around or at least at home. Such activities could include wonderful meditation exercises which truly unwind and refresh the mind, soul and body of a person, thus reducing stress, fear and anxiety.

Most of the cases also include various psychotherapies which help reducing the panic and stress levels. Breathing exercises benefit people in reducing the stress levels, thus preventing panic attacks. Hyperventilation could be carried out by holding the breath for 10-12 seconds various times. This increases the functionality of lungs steadily. One can also breathe using a paper bag. However, at times these changes do not reduce the

panic attacks and the patients choose the medication option by consulting the physician.

Symptoms of panic attacks

Although the panic attacks last for 10-12 minutes, however, they affect the physical, emotional and psychological state of mind of a person too immensely. A person feels lost, dejected, scared, anxious and much worried. He/she may lose the wits and decisive power as well. Besides this, people around such patient do not really understand the ailment as they are usually not aware of such situations and disorders, which proves to be even more harmful for the patient. Such situation worsens the panic attacks hence making the patient more depressive and worried.

The symptoms include – difficulty in breathing, numbness of organs especially face, patient feels like crying, losing self control, increase in sweating, nausea, dizziness, palpitation etc. These symptoms are usually followed by rapid panic attacks and hence need to be dealt with accordingly.

Tips to control panic attacks

Panic attacks could also be controlled and prevented via various non-medicinal techniques with the virtue of natural ways which are truly effective. Such techniques reduce tension and stress levels and help one to lead a normal life happily with absolute contentment. Such tips include –

Eating healthy food

While controlling panic attacks one needs to focus on the eating habits and maintain a balanced diet and schedule. A person can handle stressful conditions with proper functioning of body organs including brain, clarity in thinking and maintain calm attitude with proper and healthy intake of vitamins, minerals and various other nutrients. People with calm and clear mind have definite control over themselves during the situations of panic and anxiety.

Leading a stress free life

One should always try to reduce the stressful conditions in life so that the overall stress in life is eliminated. This would be possible by recognizing and reducing the factors which lead to stress. For example, if one fears to speak in public and has necessarily to do so, he/she can indulge into various trainings and experiments which would boost up the confidence to do so. A good sleep can work wonders in providing relaxing and stress free conditions of life.

Good and absolute visualization

In the visualization process, a person is made to imagine different calm and serene situations and scenarios. This wonderfully relaxes a restless mind and eliminates the stress from person's life.

Utilizing positive self talk techniques

Positive talking to oneself provides various panic control ways. For example, during the situation of panic one can make a change in the way of thinking so that the anxiety and worries are reduced to a larger extent. Positive self talking techniques act as good as psychological treatments for panic attacks. One should always relax and breathe properly in stressful situations so that the mental and physical state of the body is restored. This is the reason why the panic attacks create a shortness of breath in the individuals. Therefore, if one masters the breath taking tips and techniques, the panic attacks could be much reduced and controlled.

During the anxiety and panic attack situation, one is advised to take deep breaths so that the air properly circulates and is released by the lungs in an increased quantity. Performing this exercise for 1-2 minutes relaxes the mind, body and soul as the oxygen levels increase all through the body.

One should also look for professional assistance in the situation of panic. One can always contact a medical or mental professional to seek advice that proves to be much beneficial in difficult situations.

Yoga and other meditation exercises

Yoga has always proven to be wonderfully effective for rejuvenating the soul, mind and body of a person since ancient times. Regular yoga and meditation exercises help in reducing stress, tension, worries and anxieties, increase breathing efficiency of the body, improves overall health of a person, purifies the body from all impurities and other toxins. A healthy body would abstain the attack of various diseases, anxiety, worries, tensions and panics.

Panic attacks – a comprehension

There are numerous neurological disorders among which panic attacks are the most unusual ones as they arise from different stress levels and are difficult to realize or even diagnose at early stages. Therefore, one should always be aware of the factor which activates anxiety so as to take control of such situation well in time and eliminate the same without facing various other ailments. One should always try to remain relaxed and stress-free which would be the best remedy to keep anxiety at a distance.

Although the reasons and symptoms of the panic attacks are different in different people, some of the symptoms and causes do occur oftenly in numerous groups or individuals, which include - fear, depression, anger, feeling of guilt etc. In most of the people who suffer from usual panic disorders, the symptoms remain almost the same. Various people feel stressed and dejected due to unfavorable conditions at work which might include, work pressure, lack of interest to work, stressful position or situation at work and lack of interest in the job profile. Such stress is usually followed by anxiety and rapid panic attacks.

An individual should always be educated towards the breathing exercises and first aid measures to be undertaken while in the situation of stress. This helps to reduce risk during such ailments. Therefore, one should be always aware of different useful breathing exercises and the techniques in which they are to be carried out. Although breathing exercises are very easy, they need a lot of practice to attain perfection while one faces such situations. Even after following proper breathing exercises, the panic attacks still

prevail, one can immediately consult the doctor or a medical professional so that the problem is dealt with properly.

Panic attacks during sleep

Panic attacks are also experienced when one sleeps, during sleep and even after waking up. Such panic attacks take place suddenly and therefore are quite perplexing. The panic attacks occurring during sleep are usually a result of excessive stress or work load. These might also occur due to some sudden changes in the life and lifestyle, for example, relocating to a different place or abroad, loss of a loved one or a dear friend, new job and different involvements in the job etc.

Panic attacks during the night time are quite difficult as they cause an environment of much nervousness and anxiety for the patient which might lead to a number of other health ailments like depression and prove even more harmful.

Hypnotherapy panic attacks

Scientific research reveals that the panic attack is mostly encountered by people who have the dubbed DU25 gene. People suffering from panic attacks usually complain of chest pains and shortness of breath followed by dizziness and increased hear beat rate. While these symptoms take place, the panic attack further worsens and adversely affects the complete physiology of the body. The chest pains are so worse that one feels as if a heart attack has taken place. Doctors also prescribe medications for such patients based on the frequent occurrence of these attacks.

However, various panic attacks could be treated and stopped without medication. Usage of different remedies entirely based on natural herbs has also proven truly effective while resolving the panic attack disorders. Yoga and other medication exercises have also proven to be advantageous for panic attack patients. The anti-depressant medicines are also prescribed by some physicians however they do not prove helpful in the long run.

Usage of nutritious diets in reducing panic attacks

Pertinent nutrition proves truly helpful in reducing panic attacks and anxiety in a person. The panic attacks usually occur due to the reduction of adrenalin levels in the body. Therefore, nutrition's which help recovering these levels prove truly beneficial in reducing panic attacks. Some of the advisable nutritious diets include the following –

Cod liver oil – as it includes inositol and complete B-complex vitamins.

Coconut virgin oil – used along with coconut oil in various dishes and recipes proves truly beneficial.

Vitamin B Complex – is advised to be taken twice daily along with yeast to improve the nutritional value.

One should always reduce the refined sugar intake, caffeine intake as well as those of carbohydrates. Sea minerals support the nervous system and help in its proper development while relaxing the body muscles as well.

One should always try to meditate on a daily basis and opt for interval naps also. This rapidly reduces stress and anxiety. Usage of cod liver oil and coconut oil help in balancing the body hormones and provide extra body nourishment. Vitamin B intake provides ultimate nourishment to the nervous system hence making it fully functional and stress free. Water acts as the transportation source of various body nutrients to all vital body cells. Sugars and carbohydrates effectively stimulate the nervous system.

Inositol, present in the cod liver oil has a soothing effect on the central nervous system and therefore plays a significant role in assisting patients of insomnia and panic attacks. Inositol is advised to be consumed along with choline.

Increasing water intake is very important as it maintains the salt balance in the body. Foods with salt dissolved in them prove to be the best, such as various juices and water.

With proper and appropriate nutritional diets, positive changes in the way of thinking and behavior are much obvious.

Physical and emotional disorders associated with panic attacks

Various physical and emotional disorders and ailments are associated with the people suffering from panic attacks. It has been researched that 30% of the people suffering from panic attacks fall a victim to alcoholism and around 17% of them become drug addicts so as to reduce the stress and anxiety which is caused due to the panic attacks. However, such drug and alcohol abuse does not reduce or refrain the panic attacks for long. This is the reason why 20% of the panic disorder patients tend to commit suicide.

People suffering from panic attacks are usually phobic of different places of public gathering such as stores, malls, streets as they fear attacks at such places. Therefore, such people avoid visiting these places and confine themselves at home. This further develops agoraphobia in them wherein they are completely unable to visit even the safe environments because of the developed fear and anxiety.

Such patients also suffer from irritable bowel syndromes which lead to gastrointestinal cramps, diarrhea and even constipation. They also face various heart ailments, although minor, which includes Mitral valve prolapse. Chest aches are also very common in such people.

Panic attack and panic disorder medicines

When situation becomes too difficult to handle in case of a panic disorder patient, medication comes to play a significant role. Various medications can reduce and control the panic attacks and panic disorder in patients. However, other natural ways along with usage of medicines prove truly helpful while resolving such disorders. Medication proves to be much effective if combined with various therapies and other lifestyle change techniques.

Medical professionals advise various antidepressants for treating panic disorders and panic attacks. But, this treatment is of a quite long duration as it continues for several weeks and therefore needs to be carried out continuously. In such scenarios, the patients are advised not to stop the

medicine usage and continue using the prescribed ones even if there isn't any repetitive panic attack.

Doctors usually advise Benzodiazepines, which are anti-anxiety drugs and have rapid effects on the body during panic attacks and panic disorders. Consumption of these drugs provides a lot of relief from the panic attack symptoms. The only drawback of such medicines is that these are very addictive in nature and come with serious withdrawal symptoms. Therefore, they are advised and used with extra care and precaution.

Panic attacks and anxiety – some facts

It has been researched that around 40 million US people above the age of 18 years suffer from anxiety disorders and this disorder costs a whopping 42 billion dollars to the country annually.

The Economic Burden of Anxiety and its Disorder via the commission of the ADAA and The Journal of Clinical Psychiatry published in 7 July in the year 1999 reveals that 1/3rd portion of United States 148 billion dollars (which is approximately 49.33 billion dollars) has been incurred as the total bill on healthcare of this country. People who suffer from anxiety disorders and panic attacks get 3 to 5 times higher treatment than the rest and are 6 times more at risk to be hospitalized as compared to the ones who do not suffer from these disorders.

People suffering from generalized anxiety disorders are about 6.8 million. 6 million people suffer from anxiety and panic attacks, 7.7 million suffer from post-traumatic disorder of Stress, 15 million suffer from disorder of the anxiety of society, 2.2 million from the obsessive compulsive disorder (OCD) and 19 million from the specific phobias. The anxiety and panic attacks both relate to emotional disorders as well as bipolar disorders.

Natural remedy to panic attacks

There are various natural remedies available for curing panic attacks apart from the other medicinal remedies. These natural remedies are completely side-effect free and also help in increasing the metabolism and other vital functions of the body. These remedies include breathing techniques which

involve deep breathing, thus helping in the proper and complete flow of the oxygen while increasing the functioning of lungs. Other activities include various physical activities, diet changes, aromatherapy, the therapy of talking to oneself and various massages. The panic attack can last from a few minutes to even hours, depending upon the severity of the disorder. The adrenaline levels usually increase in such situations followed by difficulty in breathing, fast heartbeats, palpitation, nausea as well as gastric problems.

In such situations massaging throat and neck proves to be really helpful in easing of the panic attack as there are some muscles and tissues which become more volatile at the time of attack. However, one should always ensure to massage only one side of the throat or neck and not both the sides as it may intervene with the blood flow process and result in unconsciousness. The external stimulants should be reduced which includes the caffeine. This is because at the time of attack the adrenaline levels increase in the body and presence of an external stimulant like caffeine further increases the panic attack. One should always ensure that the ingredients of food are thoroughly checked prior to consuming. If the level of anxiety or tension increases once a particular food is consumed, the food intake should immediately be stopped.

Once the stimulant consumption has been reduced, one can include herb consumption which would provide calming and soothing effect along with the diet. Herb remedies have been there from ancient times and are known to reduce the panic attacks effectively. These also have very little and even zero side-effects. Consuming herbal tea for that matter would prove really beneficial and prevent panic attacks a lot. 'Worts' a wonderful herb proves to be the best cure for panic and anxiety disorders and attacks.

There are various other herbs which prove effective while calming the anxiety disorders and panic attacks which include - passionflower, valerian and kava-kava. One should also ensure that the diet intake is always full of vitamins, calcium, magnesium and other vital nutrients.

Apart from these wonderful remedies, breathing exercises have proven to be equally beneficial for all the people suffering from anxiety disorders and panic attacks. This technique calms a person from such attacks. One can

also learn effective breathing exercises from instructors as well as online. Maintaining tissue papers and handkerchiefs speckled with useful and calming oils like lavender, jasmine, geranium or palma rose is a wonderful option as such substances act as great remedies in preventing panic attacks.

Panic disorder treatments

Panic attacks and disorders could be effectively dealt with professional health care trainings which include various exercises, nutritional details and other herbal treatments. All the treatments pertain to psychodynamics, inclusive of the cognitive behavior, interpersonal and the other types of talking therapies therefore helping the individuals to address the problems that are related to anxiety and panic disorders. Psychotherapy provides the people with the chance of identifying and learning so as to manage various factors that help in the contribution of the anxiety occurrences.

Various researches and studies have revealed that behavioral and cognitive and the therapies are truly effective and beneficial in treating the anxiety disorder and panic attacks. Behavioral therapies involve various techniques which reduce and even eliminate the unnecessary behaviors that are likely to trigger the panic attacks and anxiety disorders. The therapy of cognitive behavior people are usually advised to bring changes in their thought process in order to attain a positive frame of lifestyle as well as the thought process. This reduces the panic attacks and disorders of anxiety. The process of psychotherapy has also proven to be truly effective with various combinations of effective medications.

Assistance in panic disorders by therapists

Various psychologists who provide beneficial assistance to patients suffering from panic disorders and attacks are licensed by the government and have wonderful diagnosis about such ailments. People who suffer from such ailments are provided best possible advice and treatment by these professionals.

These professionals set their clinics at various places in order to provide every possible assistance to the people suffering from anxiety disorders and panic attacks. Clinics of mental health and various other programs are run whereby the people suffering from such diseases are properly educated about the treatment and motivated towards availing the best benefits at much affordable prices.

These therapists have therefore evolved as saviors for the masses suffering from panic disorders and attacks.

Providing psychological treatments

The panic attack and disorder treatment is quite a lengthy process and does not complete in a few days time. Therefore, it is the prime duty of a therapist to make the patient as comfortable as he/she can from the very first day of the treatment. An irritated patient who has already suffered a lot because of the ailment could discontinue the treatment anytime and for this reason the therapist has to be really professional as well as friendly with the patient. Once this is done, the patient always tends to co-operate with the therapist which helps in running the treatment process smoothly with more success. There are different treatment plans for different patients, which means, that a treatment plan for patient A might not suit the patient B. therefore, the therapist has to be well aware of this situation and devise the treatment plan and pattern accordingly.

These factors lead to proper and successful treatment results wherein some patients develop the signs of improvement within 8 to 10 appointments or sessions with the therapist.

Patients should always select the therapist who is both renowned as well as experienced in the field as it is the therapist who plays a vital role in devising fruitful and result-oriented improvements in the patients.

Panic attack myths

Various people relate different myths to the cause of panic attacks. However, such myths, notions and misinformation lead to more frustration and anxiety in the patients. One should understand that an attack of anxiety

or panic would also include frequent feelings of depression and dejection. The patients usually believe that they are themselves responsible for such panic attacks which further leads to their increased depressive nature and anxiety. There are various other myths related to such attacks including the ones that a person is suffering from schizophrenia or has gone absolutely maniac. However, the disease of schizophrenia is actually a genetic disorder caused due to panic and anxiety. Such individuals usually face various hallucinations and illusions. Thus, the people suffering from panic attacks do not face such symptoms.

Another myth pertains to the loss of control and coordination of the human body. Such people believe that they are going to die very soon or the body organs would stop functioning at any moment of time. Some of them even fear that they might be murdered by someone around and usually run away from gatherings and lose consciousness in some cases. However, all this happens due to panic which abruptly stimulates the body about the feeling of danger.

Some of the patients believe that they would soon lose complete control over their own body. However, this is all because of the state of the mind of the patient at that point of time. Some people even fear that an attack would happen wherein no one else could come to their rescue. This makes them even more fearful and worsens their condition.

Handling panic situations

It has been researched that dealing with panic situations depends entirely on one's self control governed by the mind. Therefore, such panic situations require proper control and co-ordination of one's mind which would not be triggered by any medicine but has to be controlled by the individual on his/her own.

However, the tolerance levels for stress vary from one individual to another. While one might tolerate mild levels of stress, another individual may have the capability to tolerate quite intense levels. Therefore, for the patients it is very important to have all the information regarding the panic triggering foods, beverages, situations etc, so that they can be avoided or dealt with accordingly.

Recognizing the panic cause in order to prevent attacks

So as to prevent the panic attacks from occurring one needs to understand and recognize the cause of panic attacks so that it is handled accordingly. Most of the times, an unknown fear can lead to excessive sweating which can further turn into panic attacks. Such conditions occur due to a lot of stress in one's life. Repetitive suffering situations, diet deficiencies, diseases like hypoglycemia, hyperthyroidism, drug or alcohol withdrawal etc are some of the main common factors of panic attacks.

All these can be prevented by various drugs, meditation, relaxation, controlling of breathing, stress management etc.

Receiving assistance with panic attacks

There are various companies and organizations that offer magazines, articles, literatures and important advices in order to tackle and control anxiety disorders and panic attacks. Various non-profit organizations have also contributed a lot to this noble cause by providing detailed and useful information as well as guidelines.

The three reputed non-profit organizations are – The American Psychological Association, The Anxiety and the Disorders Association of America and The National Alliance on Mental Illness.

Wrapping up

Preventing such situations from occurring at first place would be the best remedy to save oneself from the challenging anxiety disorders and panic attacks. Apart from this one should always ensure stress free life with extremely careful diet schedule and avoid any sort of drug abuse, smoking and alcoholism. This will certainly prove beneficial in maintaining a healthy life and coping up with any diseases or ailments. Meditating, timely exercises and engaging oneself into various fun activities would prove even more beneficial as 'a healthy mind represents a much healthier body'.

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