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## **Cause of Panic Attacks & My Take**

Some time ago I watched a documentary featuring Michael J. Fox. In it Fox tries to figure out why some people are optimistic and how being hopeful and positive affects happiness and quality of life.

Noteworthy was his trip to a place called Bhutan. Bhutan is small Buddhist nation situated between China and India which has a government policy that dictates happiness. Instead of a Gross National Product, they've adopted the idea of Gross National Happiness. The Bhutanese constitution states that government programs should be judged by the happiness they bring rather than by the economic benefit.

This is interesting because many folks probably think of happiness as state that just happens to them. The truth is, happiness takes work. That's why I thought discussing Bhutan was such a great lead-in.

What I'm really getting at is that you need to take control of your life – just as a successful person does. If you think about it, truly successful persons are people who've taken control of their lives. They've set the agenda.

You too can set the agenda for happiness, or anything that is not dominated by anxious thoughts.

On a practical level, the keys to happiness and taking control of your life require two things:

1. Having an agenda in which you commit to taking control of your life

and

2. being resilient.

In #1 above I refer to having an agenda in which you committee to taking control of your life.

Page 1 of 2

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As you're well aware by now, if you're a subscriber to my newsletter, this process requires that you locate the specific Cognitive Distortions in your thinking and then replacing them with more realistic thoughts.

In #2 above – being resilient – I'm referring to being committed to working on your thoughts each day, whenever the need arises, in spite of how poorly you might feel, how many times you've had similar thoughts, etc. You need to keep at it!

We all hold many beliefs that we've held for some time. We can often change our thinking temporarily but we need to consistently keep working on things in order to create real change in these deep seated beliefs.

Really, though, your thought processes taken together are the root cause of anxiety. While many things can be helpful for certain, and I advocate an holistic approach, the central “switch” is changing your thought processes.

That is one of the primary fundamentals stressed throughout my newsletter.

I'm not suggesting that doing these things is a small feat but it's definitely worth the effort.

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