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panic is a sudden sensation of fear which is so strong as to dominate or prevent reason and logical thinking replacing it with overwhelming feelings of anxiety uncertainty and frantic agitation

feb 12 2023 panic disorder is an anxiety disorder that involves multiple unexpected panic attacks a main feature of panic disorder is that the attacks usually happen without warning and aren't due to

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a panic attack is when all of a sudden you get very scared and anxious you might also have chest pain and choking and feel sick to your stomach dizzy and short of breath

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