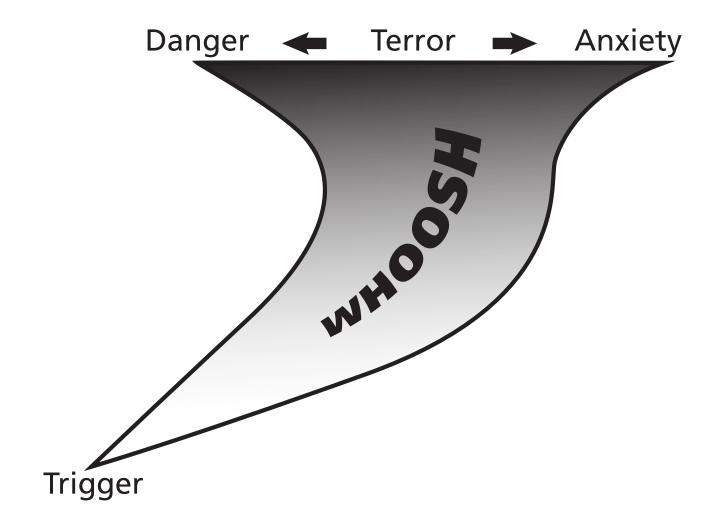
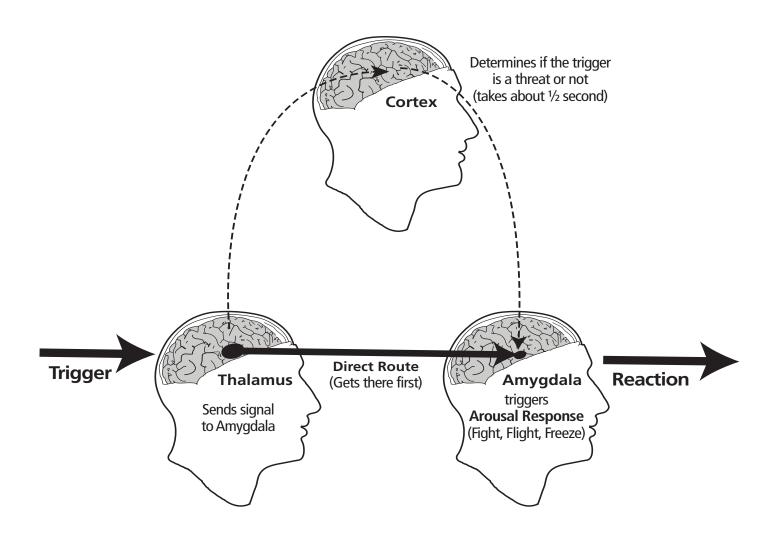
Freedom to Fly

Neurology of Anxious Arousal

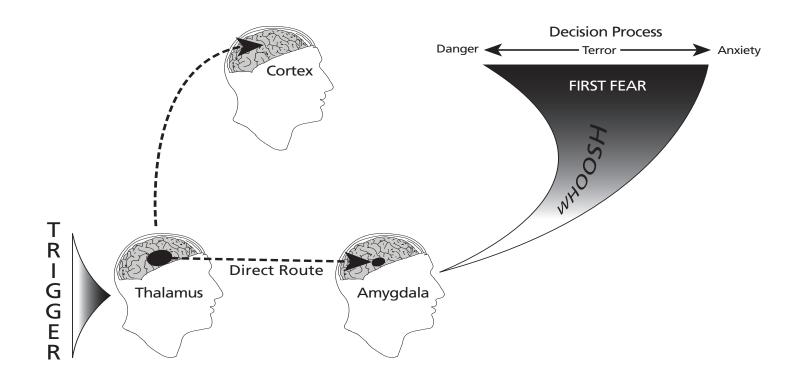
Martin N. Seif



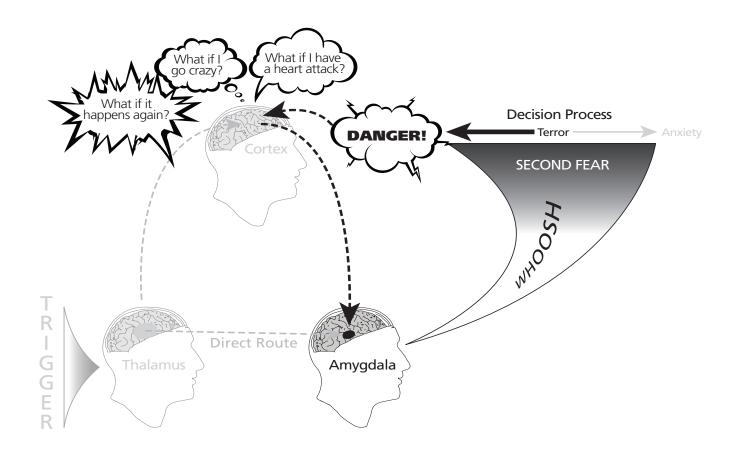
The Decision Process



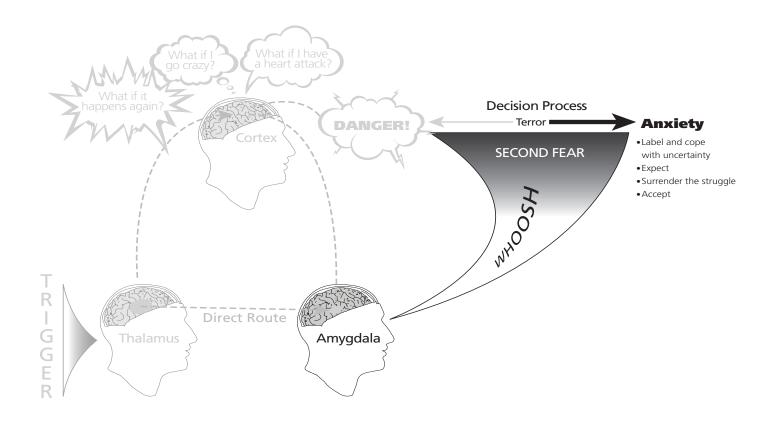
Thalamus to Amygdala- Two Paths



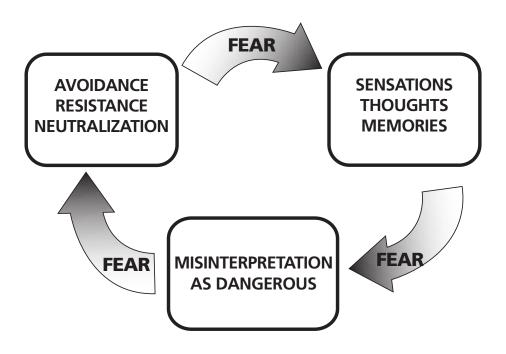
Origin of "First Fear"



Second Fear Labeled an DANGER



Second fear labeled as anxiety



Fear Maintaining Cycle