

Hope And Help For Your Nerves

Claire Weekes

Hope and Help for Your Nerves Claire Weekes, 1990 Sweaty, trembling hands. Churning stomach. Headaches, sleeplessness, rapid heartbeat. All are common symptoms of nervous illness, or the panic state. Dr. Claire Weekes helps listeners learn to recognize their own symptoms, rise above them, and relax.

Summary of Claire Weekes's Hope And Help For Your Nerves Everest Media, 2022-03-09T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 You may be reading this book because your nerves are in a bad way. You are the person for whom it has been written. I will explain how nervous illness begins and how it can be cured. You will have to persevere and be patient. But don't despair. #2 You are no exception. You can find the strength to recover if you make up your mind to, and you don't have to be a coward to do it.

Hope and Help for Your Nerves Claire Weekes, 2020-05-26 The bestselling step-by-step guide that will show you how to break the cycle of fear and cure your feelings of panic and anxiety. My heart beats too fast. My hands tremble and sweat. I feel like there's a weight on my chest. My stomach churns. I have terrible headaches. I can't sleep. Sometimes I can't even leave my house.... These common symptoms of anxiety are "minor" only to the people who don't suffer from them. But to the millions they affect, these problems make the difference between a happy, healthy life and one of crippling fear and frustration. In *Hope and Help for Your Nerves*, Dr. Claire Weekes offers the results of years of experience treating real patients—including some who thought they'd never recover. With her simple, step-by-step guidance, you will learn how to understand and analyze your own symptoms of anxiety and find the power to conquer your fears for good.

[Essential Help for Your Nerves](#) Claire Weekes, 2000 Recover from nervous fatigue and overcome stress and fear--Cover.

Peace from Nervous Suffering Claire Weekes, 1990-09-04 This classic anxiety-relief guide from the author of *Hope and Help for your Nerves* has brought solace to over a quarter million readers coping with panic attacks and agoraphobia. Dr. Claire Weekes offers clear, concise advice to anyone suffering from anxiety: FACE: DO NOT RUN ACCEPT: DO NOT FIGHT FLOAT PAST: DO NOT LISTEN IN LET TIME PASS: DO NOT BE IMPATIENT WITH TIME It may look much too simple, but if you can truly master these four important principles, you are already on your way to rapid recovery. Written in response to great demand from both the medical and psychological communities, as well as from her own devoted readers, Dr. Weekes's revolutionary approach to treating nervous tension is sympathetic, medically sound, and quite possibly one of the most

successful step-by-step guides to mental health available.

Hope and Health for Your Nerves Claire Weekes,1996-06-01

Hope and Help for Your Nerves Claire Weekes,1983-05-01 Dr. Weekes explains the causes and symptoms of nervous illness and guides the individual in coping successfully with the effects of anxiety

American Journal of Psychotherapy ,1978

The New York Times Book Review ,1988

Help, Comfort, And Hope After Losing Your Baby In Pregnancy Or The First Year Hannah Lothrop,2009-04-13 Through her own experience with miscarriage as well as through the voices of other parents who have suffered the devastation of their baby's death, psychologist Hannah Lothrop guides parents through the experience of bereavement, from shock and disbelief to renewal and growth. This warm, insightful book also provides specific information for caregivers: hospital staff, clergy, relatives, or counselors. Thoughtful questions throughout help readers assess their emotions and identify their needs, and an extensive list of resources provides additional sources of support.

Winning with Kids Tessa Albert Warschaw,1990 Warschaw and Secunda provide the only book of its kind on parent-child communication that shows parents how to achieve the goals of discipline, family harmony and character development with children of widely varying temperaments.

Agoraphobia Claire Weekes,Dr Claire Weekes,2002-10-17

The Book of Hope Helen A. De Rosis,Victoria Y. Pellegrino,Judy Delton,1983-09

Playgirl ,1978

The Book Buyer's Guide ,1969

Complete Self Help for Your Nerves Claire Weekes,1996-11 During her long and illustrious career Dr Claire Weekes provided information, selfhelp techniques and comfort, both in person and through her lectures, writings and tapes, for many thousand of patients worldwide. Although Claire Weekes is no longer alive, her empathic guidance lives on in practical and supportive advice in her two popular books, Selfhelp For Your Nerves and More Selfhelp For Your Nerves. Well over 300 000copies of her most popular Selfhelp For Your Nerves have been sold. Now, with the release of this comprehensive volume, a new generation can be introduced to Dr Claire Weekes' compassionate yet practical advice to sufferers of nervous tension and panic attack.

The New York Times Magazine ,1972

Adult Subject Catalog Orange County Public Library (Calif.),1971

American Home ,1973-07

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