

Hope And Help For Nerves

Claire Weekes

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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.

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

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The Anxiety Cure Robert L. DuPont, Elizabeth DuPont Spencer, Caroline M. DuPont, 1998-07-13 This book offers an eight-step practical program for fast and long-lasting relief of anxiety symptoms.

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Help & Hope for Hair Loss Gary S. Hitzig, 1997 Few things are more traumatic for men and women than hair loss. Dr. Gary Hitzig has been through it and created not only a new head of hair for himself but a thriving and well-publicized practice. He knows what people go through and the questions they ask, making him well-qualified to compile and write this comprehensive guide to hair loss and replacement options.

McCall's ,1972-10

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