

SELF HELP FOR YOUR NERVES

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For my purposes, "Complete Self-Help for your Nerves" was the best because it was the most comprehensive; however, "Self-Help for your Nerves" and "Essential Help for your Nerves" are also great books and have already been loaned to my friends, who find them both excellent books.

Self-Help for Your Nerves: Learn to relax and enjoy life ...

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If your issues are nervous anxiety and panic attacks then this book will help you understand what is going on in your body which is sometimes half the battle in recovery. It is written especially for those who have poor concentration and very to the point . No flowery speech just the facts presented and sometimes in funny stories.

Loved it and it has been a book I have recommended to friends

Hope and Help for Your Nerves - Barnes & Noble

Dr. Claire Weekes was the author of the bestselling self-help books *Hope and Help for Your Nerves* and *Peace from Nervous Suffering*. Best known for her pioneering work in the study of nervous illness and anxiety, Dr. Weekes lectured at psychiatric hospitals in Britain and spoke often on radio and television both in Britain and in the United States.

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Self Help for Your Nerves: Learn to relax and enjoy life again by overcoming stress and fear. Pass Through Panic: Freeing Yourself from Anxiety and Fear [Audiobook] [Audio CD] *Hope and Help for your Nerves* . Early Life. Claire Weekes started her career as a research scientist. She was the first woman to achieve a degree from the University of Sydney in 1930. Working for Professor Launcelot

Hope and Help for Your Nerves by Claire Weekes ...

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. About Claire Weekes . Dr. Claire Weekes is the author of the