



Hope And Help For Your Nerves (Paperback)

By Dr Claire Weekes

Penguin Putnam Inc, United States, 1991. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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. My stomach churns. I have terrible headaches. I can't sleep. Sometimes I can't even leave my house. These common symptoms of nervous illness are minor only to the people who don't suffer from them. But to the thousands of people they affect, these problems make the difference between a happy, healthy life and one of crippling frustration and anxiety. 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 and find the power to conquer your fears for good.



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