



Hope and Help for Your Nerves

By Claire Weekes

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Hope and Help for Your Nerves By Claire Weekes

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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Editorial Review

Review

“A revolutionary new method for overcoming fear and tension...I recommend it with my whole heart.”—Ann Landers

About the Author

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. She passed away in 1990.

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