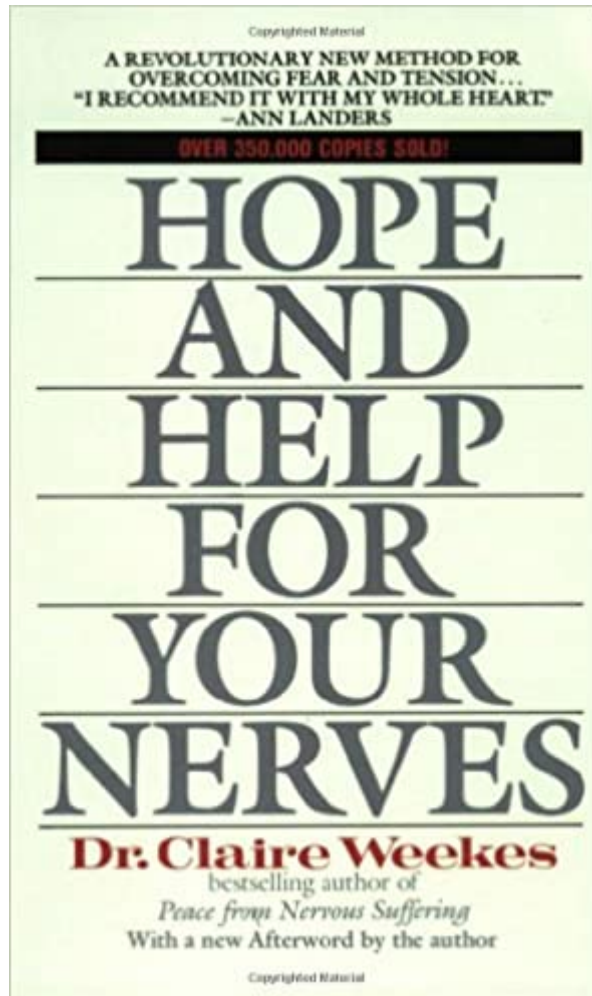




The book was found

Hope And Help For Your Nerves



Synopsis

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.

Book Information

Mass Market Paperback: 208 pages

Publisher: Berkley; Reprint edition (September 4, 1990)

Language: English

ISBN-10: 0451167228

ISBN-13: 978-0451167224

Product Dimensions: 4.2 x 0.5 x 6.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 549 customer reviews

Best Sellers Rank: #19,209 in Books (See Top 100 in Books) #29 in Books > Self-Help > Anxieties & Phobias #33 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #35 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

Customer Reviews

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

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.

Recommended reading for me when I started cognitive therapy a couple of years ago. The whole

book is helpful but just reading the first few chapters gave me some concrete steps that changed my life immensely. This book has some outdated modes of thought regarding home life and assumes pretty traditional partnerships, so I'm not sure all of the remedies suggested here are practical for the average person (extended vacation from work and family? eh, not too feasible for most marriages or a single person), but mostly the suggestions are on point. It requires some detachment from long-held beliefs about our own fears and emotions, which may be easier if you're familiar with Buddhism or other mindfulness practices. The approach here though is secular, accessible, and does not require or push a spiritual or religious practice.

I have been an anxious person my entire life. When I got into my 30s I started experiencing ectopic heartbeats (skipped beats) that scared the living daylights out of me. They set off a whirlwind of panic attacks and constant, severe anxiety that was taking over my life. Even when I wasn't experiencing the ectopics or palpitations, I was living in a state of high anxiety. I was getting severely depressed. I was DESPERATE for help and I googled "health anxiety" books and came across this one. This book was LIFE CHANGING. Within the first chapter I already feel myself getting excited because Dr. Weekes talked as if she understood what I (and untold others) are experiencing and going through. She explains the WHYS of what your body is doing to you, WHY it remains in a constant state of anxiety. She gives you tools to overcome it and get better. It's only been a few days and I already feel almost back to myself again. She literally saved my life...I can't think of anything I would recommend more to someone suffering from anxiety or panic attacks than this book. It's amazing.

This book is one of the best books ever created for someone with anxiety.

My first episode of deep anxiety came upon me when I was 18 years old. There was much I didn't realize about myself, namely the way I really felt in my deepest places. For 3 days I did not sleep, eat or have a moment of peace. Pure panic would not leave, ebbing and flowing in terrible ways. I thought this was perhaps what losing one's mind felt like and that a hospital was the next step for me. There was an immense amount of self-pity and if-onlys that moved through me. More than all else, no one could understand what I was saying. I would use words like anxiety and see people try to access stressful moments in their life only to realize they had no idea what this felt like. Over the years these episodes have continued and for so long I used modern terminology to describe them, such as major depressive episode and other DSM terms. I would spend days and days searching

the internet, reading blogs, articles and more and NEVER NEVER finding anything that sounded like what I was going through. I heard a lot about disorders, like GAD and it all pointed to mental illness. I have tried to avoid anti-depressants my whole life as wish to see if this pain has a purpose, and I do not wish to block it, but recently had decided to begin on a series due to how exhausted I was with a recent episode that has been on and off for a month. For so long I waded through my sub-conscious, sought therapy, dug into my childhood, analyzed and analyzed and analyzed everything desperate to discover the cause and the root of this demon within. Just when I felt like I understood something, some new aspect of the problem would present itself and it was all back to the beginning. For me, I never related to the panic attacks that I heard a lot about. There seemed to be a blurred line, but I never felt like I was dying, or like my heart was going to explode. I had cold sweats, and racing pulse, and heart beating out of my chest, but it lasted for hours, not minutes and panic attacks didn't sound like what I had, although MENTALLY I was in a full on panic often. This book clarifies the difference and the reasons why they are the same. I offer this story because I believe after reading this book, that I was never alone. Due to the complexity of terms now and the fact that so much is simply labeled mental illness and disorders there is no help to be found for FACING our problems and our anxiety, just new ways to label things and new medications to help us not feel. The truth is that often times those who suffer from this illness are beautiful souls who feel the depth of beauty in this world more acutely than many others and this sensitivity is why they love so deeply, feel the pain of others as if it were their own and why they are the poets, artists, dreamers, inventors, who taste the stuff of God in every breath, yet these powers when out of balance can create madness and chaos because of our sensitivity. Understanding such factors as the sympathetic nervous system being out of balance and the anxiety finding fuel in thinking patterns that are destructive was huge for me. To learn to let a thought float, to accept it, and pass through it, no matter how uncomfortable it was was pure poetry to understand. In time I learned that this anxiety was a messenger, and the message had grown so loud as to be deafening because I had ignored the whispers, the quiet pleas, and the loud protestations of my inner life and the deeper hidden feelings for far too long. When the anxiety came, I learned to view it as a welcome guest, here to deliver a precious gift to me. For the first time I stopped fighting and learning to bring no hatred, denial, or rage to my anxiety, but instead to bring compassion and curiosity to it. Once this dynamic was changed, everything changed. This book stands apart from ANYTHING else I have yet found. I am sure there is other useful material out there, but please get this book if you struggle with any kind of deep anxiety. We know how much this can hurt, and how it can be truly living hell to endure. Worse than all else, anxiety changes the very way we see the world, blurring the truth and

clouding needed judgement. Please begin the process of getting the help you need from a doctors whose life work lives on in each of us. Her love is plain, her concern so deeply felt even in the way she writes. She knows what it is to endure this, somehow she knows and more than this she gives the way out for those who are able to realize the truth of her words. You are not alone. Remember it is often your beauty which can turn too deeply inward and creates fear which when met with a serious problem/conflict can result in a nervous explosion. This is the way out, along with love from others, and the help of God where faith is already in place. I deeply hope that all might find a way to welcome this very challenging problem and the pain it brings as a wonderful gift and invite it in and cease to do battle with it. This is the beginning of all change I believe, to cease to war, and to insist that even the most painful experiences carry with them the light of deeper truth, and are in fact gifts from the recesses we may have long ago abandoned. May you be blessed on the journey and I very much hope this book can help you begin or take another step as it did me.

I had anxiety for 5 years. It just kept getting worse and worse. I found this book, along with Dr. Weekes CDs called "Pass Through Panic". Best thing I ever did. I tried several different anxiety meds, different diets, meditation, counseling, exercise, all in an effort to get rid of the anxiety. Dr. Weekes information was the ticket to help me. She explains in very plain language how the adrenal glands can be triggered by stress of some sort and kick into overdrive and begin misfiring when it's really not needed. She also explains exactly how anxiety has a very specific pattern it follows in the body, and then she goes through some information on how we can change our response to the anxiety and eventually it gets less and less then goes away. It's now been about 1.5 years since I first read her book, and I can definitively say I am anxiety free except for the few occasions when I am overtired. But when I catch back up on my sleep, it goes away. I could not have beat the anxiety without Dr. Weekes information. I listened to the CDs over and over, until I had them memorized, then when I felt the anxiety coming on, I would hear her voice in my head, describing what I was feeling, and what I needed to do about it. It was a slow process, like I said 1.5 years, but it was well worth it. I do think it would have gone quicker if I hadn't also been dealing with weaning myself off anxiety meds over the last year.

This book has been the best book I have found to help with anxiety. It is helpful to know that fighting against these feelings and fearing they will reoccur is perpetuating the problem. I would highly recommend this book to anyone suffering from anxiety and panic attacks.

Timeless and classic advice and help. You just have to get over the fact that women are kind of talked about as if they're all housewives. I'm a woman. I got over it. The book is actually very helpful!

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