

Essential Help for Your Nerves: Recover from Nervous Fatigue and Overcome Stress and Fear

By Claire Weekes

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Recovery from nervous suffering through understanding nervous fatigue - A new two-books-in-one edition which includes Peace from Nervous Suffering and More Help for your Nerves Dr Claire Weekes is acclaimed throughout the world for her work on nervous illness. This new edition of 'More Self Help for Your Nerves' also includes 'Peace from Nervous Suffering' - together they forge an understanding of nervous illness and develop a recovery programme to instill confidence and happiness. As a companion to the international bestseller, Self Help for Your Nerves, this book offers hope and new levels of understanding to nervous fatigue - Dr Weekes explores the common and almost inevitable patterns that can occur with nervous illness. She also looks at the commonest kind of nervous illness - the anxiety state, or nervous breakdown. This book also looks at the problems of agoraphobia. Sufferers of nervous illness often become trapped in a cycle of suffering, Dr Claire Weekes shows how they can break this cycle and take their place among people without fear.

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Editorial Review

About the Author
The late Dr Claire Weeks was acclaimed internationally for her work on nervous illness. Her books have been published in eight different languages and are recommended extensively by doctors and medical clinics around the world.

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