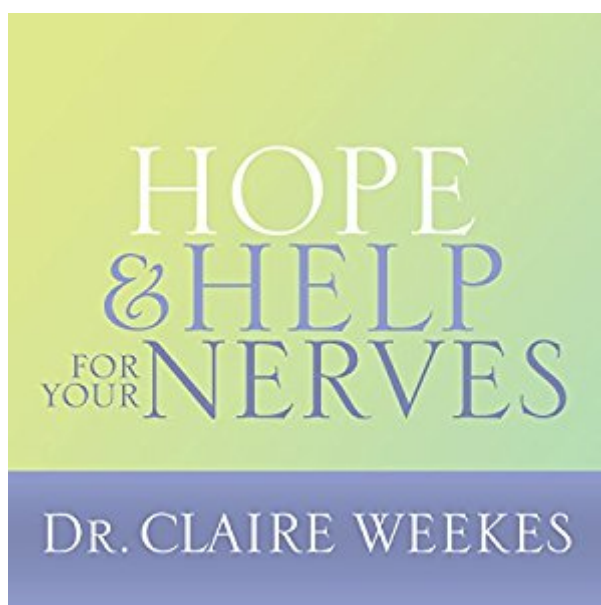


The book was found

Hope And Help For Your Nerves



Synopsis

Sweaty, trembling hands. Churning stomach. Headaches, sleeplessness, rapid heartbeat. All are common symptoms of nervous illness, or the panic state. During her long and accomplished career, Dr. Claire Weekes helped countless people overcome anxiety, fear, and frustration and lead happy, healthy lives. Based on the best-selling book of the same name, this eight-part original audio series is like a personal consultation with Dr. Weekes. Learn to recognize your own symptoms, rise above them, and relax.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 28 minutes

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Customer Reviews

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 antidepressants 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.

I was in my early 20's and experiencing severe anxiety that consumed me. I had a medical education but was never taught about panic attacks or severe anxiety states. As a matter of fact, the medical school that I attended seemed to cover just about everything there was to know about psychiatry (at least at the level that I was currently at) with the exception of the sort of anxiety that can consume you and destroy your life. I was having these attacks of severe anxiety, odd thoughts would race around my mind, my heart would race at rates as high as 200 beats per minute, I'd sweat profusely, my arms and legs would go numb, at times I would fall to the ground and pass out, and I felt as though I was coming out of my own skin. And the people around me couldn't usually tell that anything was going on. I became an expert at hiding this illness that I had no definition for. I would have done anything to find a cure for this "illness" I had. There were numerous times that I was convinced that I was having a heart attack. I'd run to the clinic at the school I was going to and be seen by a resident who would assure me that my heart was fine. Perhaps I had a flutter in my heart or something wrong with my thyroid gland or my adrenals. Tests showed I was fine. One after another, test after test, I'd be told that everything checked out just fine. But I was dying inside. I felt crippled in a horrible way. It became so bad that I feared some public places. My favorite pizza place where I'd visit about 3 times per week, at the local mall in Des Moines, was always a place of joy and respite for me. The food was great and it was so enjoyable to be around fellow Italians. All was fine at the pizza parlor until the day I had a panic attack while waiting in line for my order.

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