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This woman saves lives Mick LaSalle author and film critic **Hope and Help for Your Nerves** Claire Weekes,1990-09-04 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 I feel like there s a weight on my chest My stomach churns I have terrible headaches I can t sleep Sometimes I can t even leave my house These common symptoms of anxiety are minor only to the people who don t suffer from them But to the millions they affect these problems make the difference between a happy healthy life and one of crippling fear and frustration 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 of anxiety and find the power to conquer your fears for good **HELP! I'm Living with a (Man) Boy** Betty McLellan,2006 Are you tired of finding towels on the bathroom floor How do you go about making men understand the difference between helping out with the housework and doing it And what about violence This book features forty one practical scenarios that many women will identify with immediately It provides suggestions for dealing with these situations **Self-Help for Your Nerves: Learn to relax and enjoy life again by overcoming stress and fear** Dr. Claire Weekes,2017-04-27 Essential guide for everything you need to know to keep relaxed through every day life **The Complete Guide to Astrological Self-Care** Stephanie Gailing,2021-04-27 The keys to wellness are written in the stars In The Complete Guide to Astrological Self Care astrologer Stephanie Gailing shares a modern day approach to the ancient healing art of medical astrology Astrology is a stellar language that allows us to understand the nuances of who we are and how to live our life with more insight and awareness And while we may look to our zodiac signs to help us navigate our relationships career finances and family matters did you know that astrology can also play quite a pivotal role in helping us optimize our vitality and well being From passionate Aries to sensitive Pisces and all the signs in between each astrological profile is associated with a unique temperament and different needs when it comes to nurturing body mind and spirit Knowing these can help you personalize your self care regimen by incorporating natural remedies and wellness practices more aligned with your signs Divided into twelve chapters one for each zodiac sign The Complete Guide to Astrological Self Care includes an array of holistic lifestyle approaches that will help you curate an astrologically aligned self care regimen For each sign you ll find dozens of recommendations in categories including Areas of Health Focus Eating Tips Health Supporting Foods Wellness Therapies Relaxation Practices Natural Remedies Essential Oils Flower Essences Yoga Poses Sleep Tips In addition you ll also discover ways to bolster your well being by connecting to the celestial cycles featuring topics such as Stellar Life Stages You ll discover a road map including an array of wellness strategies and journaling questions to navigate your self care from your twenties to your eighties based upon astrological invitations that occur at different times in our lives The Moons You ll learn about the twenty four different New Moons and Full Moons including the opportunities and challenges each one brings You ll find affirmations

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compulsive behaviours such as self harm and obsessive compulsive disorder There are also chapters on relationship issues such as divorce abuse of various kinds dysfunctional relationships adoption blended families and strategies for couple counseling There are two chapters on personality disorders A biblical viewpoint is added at the end of each chapter for the Christian counsellor and pastor There is an extensive list of about 500 references along with internet references throughout providing a rich source for further reading The chapters are mainly independent with minimum cross referencing

Panic Attacks: Lorraine Mason, 2014-09-07 In 1966 aged 21 Lorraine developed panic attacks and suffered greatly for a number of years Once recovered she began to offer help to those suffering as she had After a few years of helping sufferers her personal approach to recovery began to form More years passed and as she adapted her techniques of help she realised that when applying her five step approach all sufferers were gaining tremendous benefit with most attaining total recovery For almost 40 years Lorraine has applied her totally safe five step programme to help countless panic attack sufferers gain total and permanent freedom from not only panic attacks but all fear of them ever returning

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