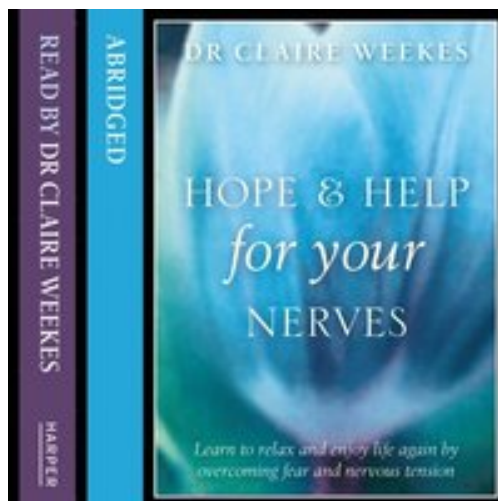


# Hope and Help for Your Nerves: Learn to relax and enjoy life by overcoming nervous tension

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Dr Claire Weekes

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Dr Claire Weekes offers a practical programme for replacing fear and anxiety with understanding and self-confidence. It should be of interest to those suffering from panic attacks, stress, agoraphobia, stage fright and shyness. Dr Claire Weekes, a world-renowned expert on nervous suffering, offers a practical programme for replacing fear and anxiety with understanding and self-confidence. This cassette is based on her bestselling, classic title *Self-Help for Your Nerves*. Her rich, reassuring voice offers guidance and encouragement. Specific instructions and exercises will help listeners overcome their fears. The book gains enormously from this audio format, which is personal and devised for repeat listening. This should be of interest to all those suffering from panic attacks, stress, agoraphobia, stage fright and shyness.



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