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## Books by claire weekes

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Hope and Help for Your Nerves offers a step-by-step guide to breaking the cycle of fear and anxiety, helping individuals overcome panic and develop coping mechanisms. Dr. Claire Weekes shares her experience in treating patients with anxiety disorders, providing simple yet effective strategies for managing symptoms. The book emphasizes understanding and analyzing one's own anxiety, finding power to conquer fears, and addressing "second fear," the underlying fear that initial fear will return. Dr. Claire Weekes' book on recovering from "nervous illness" stands out for its focus on building self-confidence, a crucial factor in overcoming fear and achieving recovery. Written in a conversational tone, the book avoids technical jargon and academic complexity, instead offering compassionate guidance for patients. The author's recordings are also highly effective, as seen by the sample I heard. A must-read for anyone struggling with anxiety, this book provides a clear path to relief and hope. September 15, 2013 The only anxiety book you'll ever need, Dr. Weekes' work is surprisingly affordable (\$7.99) and has already brought relief and hope to those who've read it. My therapist recommended this book, and after just two pages, I felt a sense of calm wash over me. Dr. Weekes knows what she's talking about and cannot be recommended highly enough. November 27, 2014 I was experiencing overwhelming anxiety for weeks, leading to feelings of stress, depression, and dread. Panic attacks left me feeling lightheaded, struggling to swallow, and experiencing a range of unpleasant physical sensations. Dr. Weekes' book helped me understand that these symptoms are the result of adrenaline and not a sign of anything serious. The book offered four simple yet effective techniques for breaking the cycle: facing my feelings, accepting them, letting upsetting thoughts "float" away, and being patient with time. With these methods, I was able to desensitize my nerves and regain control over my life. Given text here "Her simple coping techniques work wonders." "The only social anxiety disorder book you'll ever need." "I've always been a worrier so these techniques are helping me to relax which is good especially since worrying doesn't help anything." "My major takeaway is this: when we live through something traumatizing, we worry that when this thing happens next, we will feel even worse. The reassuring thought is, we have probably already felt the worse we can feel about this situation." "Obsession is so often no more than this: no more than the inflexible working of a very tired mind in a sensitized frightened person." "It's the only social anxiety disorder book you'll ever need." "I hang on to it every time I feel like I'm slipping into that dreadful state." "I've listened to the audiobook twice. It's Dr. Claire herself speaking and I highly recommend getting the audio version." I think this book (written by Claire Weekes in 1969) is really powerful because it helps people deal with anxiety and panic attacks in a clear and helpful way. It's especially good if you're feeling overwhelmed and like you might be having a nervous breakdown. The book is easy to read, and you can probably find it at your library or buy it cheaply, but it has some amazing advice that really works. One of the best things about this book is that it doesn't try to tell you to just "be positive" or do things that don't feel natural - instead, it shows you how to understand and manage your nerves in a way that feels real and helpful. Claire Weekes explains fear, anxiety, and panic attacks in a simple yet deep way that's really easy to understand. She gives some new ideas for dealing with these issues that I hadn't heard before, and she doesn't try to be philosophical - she just shows you how to deal with them in a straightforward way. Some people might think it's old-fashioned because it was first published in 1969, but I think Claire Weekes' insight is still really useful today. If you're struggling with anxiety or panic attacks, this book could really help you. Given article text here Anyone struggling with anxiety or fear can benefit from the principles outlined in the book, which include facing fear as a normal emotion, accepting its presence, learning to rise above physical sensations, and giving one's body time to heal. EMDR, talk therapy, exercise, and self-reflection can also aid in recovery. However, not all advice provided is effective or well-researched. Some recommendations, such as medicated sleep for extended periods or isolating oneself from loved ones, are potentially damaging. In contrast, alternative approaches like hormone balancing, proper diet, stress reduction, sunlight, and exercise have shown promise. The book has received positive reviews from those who have struggled with anxiety, citing its compassionate tone and ability to break down complex physiological concepts. Some readers found the book to be a valuable resource for comfort and reassurance during times of distress. This book's outdated content may not provide practical advice for overcoming anxiety. The language used is also archaic, with the author employing terms like "nervousness" without fully explaining them. While some readers found the book helpful in its time, more modern alternatives may be better suited to addressing contemporary issues. Others have criticized the book's focus on shame and blame, which can exacerbate anxiety. Our palms were slick with sweat, our hearts pounding wildly. Dr. Weekes reminds us that overcoming sensitization doesn't happen overnight, but like any habit, it can be changed. The sufferer can recover from this affliction. This book, accompanied by a consistent meditation practice, helped me kick the panic habit. If I overexert myself and start feeling sensitized again, I often turn to this book and Dr. Weekes' reassuring voice to calm my nerves once more. December 7, 2009A remarkable book about overcoming anxiety and panic. I highly recommend it for anyone - not just those struggling with "nervous illness." She delves into the role of the sympathetic nervous system in producing symptoms of anxiety and recommends acknowledging these physiological responses rather than fighting them. This process is distinct from fighting against anxiety; it involves understanding and acceptance, rather than resistance. She explains how sensitized nerves can persist even after we've learned to comprehend these fight-or-flight reactions and reminds us that recovery is gradual but always possible. Since fighting against anxiety would only exacerbate the issue (a hyperactive fight-flight reaction), it's not helpful. The key lies in understanding, noticing, and accepting. December 7, 2009 December 27, 2020I wanted to love this book. My therapist praised it, claiming it could cure my anxiety. Unfortunately, I ended up strongly disliking it. One major issue is that the book feels outdated. While I understand it was written some time ago, there needs to be an update. We no longer live in a world where women only stay at home. Yes, some do. But not all. The view of women presented in this book as overly worried and emotional, dependent on their husbands is inaccurate. It's 2020 - things have changed, and so have opinions. This book needs an update. I also dislike the claim that this will cure you. Some people can't be cured due to a chemical imbalance in their brain. It's misleading to think "If I do this, I'll be cured." Not true at all. Her suggestions are weak and hard to relate to. There should be exercises in the book to help readers implement her strategies, but there aren't. This book is a treasure trove of valuable information and practical tips for managing anxiety. Although its language may seem outdated, the advice provided by Dr. Claire Weekes remains timeless and insightful. She argues that facing and accepting one's anxiety, rather than resisting or fighting it, is the best way to overcome it. This approach helps individuals conserve energy and avoid exacerbating their anxious feelings. The book offers a unique perspective on anxiety, emphasizing the importance of not getting caught up in fear and resistance. By "floating" through periods of anxiety and allowing time to pass, readers can gain a deeper understanding of themselves and develop more effective coping strategies. As a result, this book is an excellent resource for anyone struggling with anxiety or nervousness, offering practical advice and a fresh perspective on managing these emotions. That book made me realize I'm stuck in an anxiety cycle, which makes my nerves even more sensitive. On August 19, 2020, I read this book with limited knowledge about the field of psychology, so I'll try to understand it better. The author, Claire Weekes, talked about "nervous illness" and helped me see things from a different perspective. I wanted to understand myself better, so I started reading her book. It really opened my eyes - I realized that many aspects of my personality are connected by fear. I don't have any medical condition, but I think everyone experiences similar stress and anxiety in their own way. Looking back, I saw some similar experiences in the book that made me feel like I'm not alone. Although the book is a bit outdated, it helped me understand important points about "nervous illness." However, I don't know if it can help everyone - sometimes, professional assistance is needed. On January 14, 2020, I read the book and found it helpful, but also thought-provoking. Some ideas were new to me, while others seemed too easy to understand. The book was short, and the author repeated some thoughts, which made it feel a bit repetitive at times. Overall, it wasn't bad, but I expected more. Doctor Weekes is a pioneer in modern anxiety treatment, having written several books on coping with anxiety disorders. Many self-help books today still cite her work. She observed that her patients often suffered from various anxiety issues like agoraphobia, panic attacks, phobias, and obsessive-compulsive disorder. In her books, she preferred to avoid terms like "nervous breakdown" and "Anxiety State," instead opting for "Nervous Illness." Weekes developed a unique treatment program, recognizing that patients didn't suffer from anxiety due to flawed personalities or traumatic childhoods but rather from fear-avoidance habits made worse by a highly responsive nervous system. She was critical of Freudian approaches and behaviorist attempts to desensitize patients using relaxation techniques. Weekes identified three main pitfalls leading to Nervous Illness: sensitization, bewilderment, and fear. She explained that much anxiety is simply severe sensitization kept alive by bewilderment and fear. Dr. Weekes analyzed fear into two types: the reflexive first fear and the added second fear. The second fear keeps the first fear alive, maintaining sensitization. Weekes initially used her program on patients, then released it on records and cassette tapes. Eventually, she developed a self-help package with a book and tape, guiding patients through the process. She summarized the program as facing feared situations, accepting panic, floating through it, and letting time pass. Her first book, "Self Help For Your Nerves" (1962), sold over 300,000 copies and was translated into fourteen languages. It was followed by "Peace from Nervous Suffering" (1972), "Simple Effective Treatment of Agoraphobia" (1976), "More Help for Your Nerves" (1984), and her final book "The Latest Help for Your Nerves" (1989). One year before her death, Dr. Claire Weekes was interviewed for a series of six talks on British national TV program Pebble Mill at One, explaining her techniques for managing nervous suffering. A transcription of these talks along with two BBC radio interviews and two hospital interviews in New York were published in her final book The Latest Help for Your Nerves. In all five of her books, Weekes offers self-help methods and advice. Her work was characterized by its personal nature and approach. Early on, she earned both a Doctorate of Science and an M.D. Currently, her work is promoted by an organization in Australia established by her heirs. Claire Weekes was a renowned Australian psychiatrist who made significant contributions to the field of herpetology, particularly in the study of reptiles and their reproductive habits. Her research focused on viviparity, a type of reproduction where eggs develop and hatch inside the mother's body. Weekes published numerous papers on this topic, including "On placentation in reptiles" (1930-1933) and "A review of placentation among reptiles" (1935). She also wrote extensively on anxiety and nervous disorders, publishing books such as "Hope and Help for Your Nerves" (1969). In recent years, Weekes' work has been revisited and built upon by researchers in the field of herpetology. For example, Daniel G. Blackburn's research on chorioallantoic placentation in squamate reptiles has shed new light on the evolution of viviparity. Weekes' work also inspired a popular anxiety cure, which she described in her book "Hope and Help for Your Nerves". Her approach emphasized the importance of self-acceptance and relaxation techniques in managing anxiety and nervous disorders. Today, Weekes is remembered as a pioneering figure in both psychiatry and herpetology, and her work continues to be studied and applied by researchers around the world.