

# Hope And Help For Your Nerves

By Claire Weekes

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Mar 12, 2013 Claire Weekes was a heal Dr Claire Hazel Weekes was born in1903 in Australia.

4 quotes from Claire Weekes: 'Nothing is quite as depressing as depression.', 'Wait on no mood.', and 'principle of treatment can be summarized as: Facing Accepting

Dr. Claire Weekes is the author of the bestselling Peace from Nervous Suffering , also available in a Signet edition. In addition, Dr. Weekes, best known for her

Hope and Help for Your Nerves was copyrighted in 1990. The author, Claire Weekes, is a noted Australian physician. She is known as one of the self help pioneers of

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Her first book, published in 1962 was called Self Help For Your Nerves (Hope and Help for Your Nerves in the US); this book has sold more than 300,000 copies,

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A collection of interviews and talks given by Claire Weekes since 1983 in America and England. It includes interviews where she offers hope and advice to those

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Hope and Help for Your Nerves. by Claire Weekes Dr. Claire Weekes is the author of the bestselling Peace from Nervous Suffering,

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The Claire Weekes Approach to Anxiety. Self Help For Your Nerves a.k.a. Hope and Help for Your Nerves (1962) Peace from Nervous Suffering (1972)

First published 5/25/2002 Hope and Help for Your Nerves, by Claire Weekes, leaves me feeling a bit ambivalent. By and large I believe it to be a helpful book