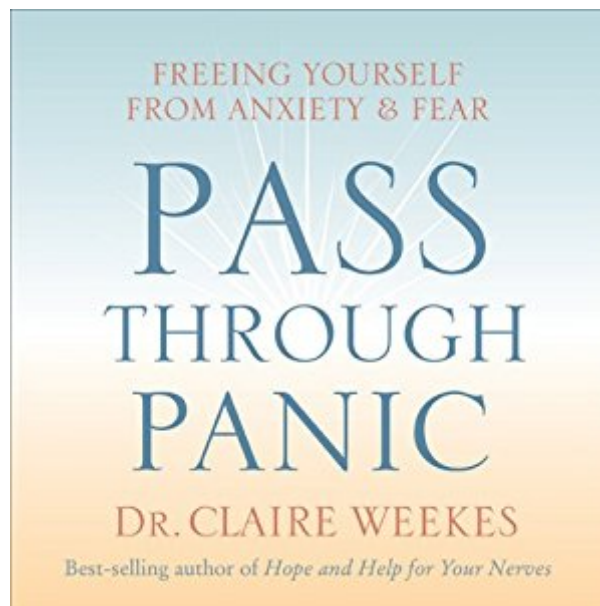




The book was found

Pass Through Panic: Freeing Yourself From Anxiety And Fear



Synopsis

In this eight-part radio series, Dr. Claire Weekes, bestselling author of *Hope and Help for Your Nerves* speaks to the listener intimately and compassionately about how to overcome anxiety, frustration, phobias, and depression. She coaches the listener on how to pass through panic and reach a place of strength and optimism. One of the first people to study and write about anxiety and panic disorders, Dr. Weekes was recognized by Queen Elizabeth II for her contributions to medicine. Her revolutionary approach is remarkably simple and effective and continues to be recommended by medical and psychological communities throughout the world. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

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Customer Reviews

I had anxiety for 5 years. It just kept getting worse and worse. I found these CDs along with Dr. Weekes book "Hope and Help for Your Nerves". Best thing I ever did. I tried several different anxiety meds, different diets, meditation, counseling, exercise, all in an effort to get rid of the anxiety. Dr. Weekes information was the ticket to help me. She explains in very plain language how the adrenal glands can be triggered by stress of some sort and kick into overdrive and begin misfiring when it's really not needed. She also explains exactly how anxiety has a very specific pattern it follows in the body, and then she goes through some information on how we can change our response to the anxiety and eventually it gets less and less then goes away. It's now been about 1.5 years since I first read her book, and I can definitively say I am anxiety free except for the few occasions when I am overtired. But when I catch back up on my sleep, it goes away. I could not have beat the anxiety

without Dr. Weekes information. I listened to the CDs over and over, until I had them memorized, then when I felt the anxiety coming on, I would hear her voice in my head, describing what I was feeling, and what I needed to do about it. It was a slow process, like I said 1.5 years, but it was well worth it. I do think it would have gone quicker if I hadn't also been dealing with weaning myself off anxiety meds over the last year.

I recommend this for anyone dealing with panic attacks, anxiety, or agoraphobia. I like Lucinda Bassett quite a bit, but Claire has a much different style that some like better. I listened to both women because I wanted to learn everything I possibly could about anxiety disorders - and a few years later, I am quite a bit better (I had panic attacks and general anxiety). I had a bit of an adjustment period getting used to Claire because of her strong Australian accent, but I found her to be positive and comforting in no time at all.

If you are suffering from panic or anxiety, I cannot recommend this product enough. It is, without a doubt, the single most valuable thing you will ever hear. It will begin your road to recovery. Dr. Weekes breaks down the truth about panic and demystifies it. You will understand how and why you're feeling the way you're feeling. That you are in fact normal. That you can get over this condition. Having the files on hand to listen to whenever you feel anxious is incredibly powerful. She'll talk you right out of your own messy thoughts. Her voice is soothing and calming. If ever anyone knew about panic attacks, it was her. Please, if you're suffering, by these files. I think they'll change your life. They've changed mine.

Buy this CD if you've been suffering from panic or anxiety. I've had Panic Disorder with Agoraphobia for around 10 years and traveling has been tough as a result (often times impossible). I thought I'd never be able to go anywhere, however I was able to travel by car from NYC to all over Eastern Canada for a week and a half without any medications at all. I had them on me just in case, but ended up not taking any. I never even got to listening to 2nd CD (this has two), but I played a couple of tracks on repeat. Yes, it was tough to face the demons and feel all the feelings we can't stand, but I also did have so much fun for my vacation! I thought I'd never be able to do anything like that. I quit my antidepressant, meanwhile got 4 months of therapy, and accomplished this amazing goal of traveling to a destination I have visited pre-agora. Dr. Claire Weekes has a great book about agoraphobia, which is how I got acquainted with her work and found out about this CD. She is Australian and has an accent, however as a non-native American English speaker I still found her voice easy to

understand and her speaking manner is soothing and motivational. First CD is pretty much educational in nature, it's NOT a guided meditation or anything like that, more like motivational speaker audio...but it made me shed some tears, because I felt that she understood what I was going through. It felt that I had a long-time buddy sitting right there with me in the car as I was literally in the middle of nowhere on the highways, even being driven through several thunderstorms, forests, mountains, open farm spaces, and all the other "lovely" environments that people with agoraphobia adore. She kept telling me that I can do it if I just let the feelings pass through my body, no matter how uncomfortable and scary, that they will never last forever - and they DID PASS. I can't comment on 2nd CD in this pack, but I'm sure it's great as well. This was a great investment to pay for, so go ahead and order it! Allow yourself to try this, it has truly worked for me!

Dr. Weekes CD has helped me more than anything else I have tried for my panic disorder. I have tried just about everything to stop the panic attacks from occurring, including medication and therapy. Both of those things help some in the short term, but they certainly don't help me to rid myself of panic attacks permanently. Dr. Weekes has given me hope by showing me that with time and practice, panic can no longer control me. She explains how panic works in a way that you can understand. And once you understand how panic works, it takes away a lot of the power that it once had. Then as you learn how to deal with panic and anxiety, you get stronger and stronger. I listen to this CD several times a week and it calms me, knowing that I am not alone and that as long as I can control my thoughts, I can control my reactions and emotions. Dr. Weekes was way ahead of her time.

If you truly suffer from panic and anxiety this is a must read Dr. Weekes suffers from these herself and combined with her background as a research biologist and becoming a physician later she is able to break down the symptoms in a remarkable, easy to understand way. There are many modern spins on her approach which I would also recommend but this is one of the best out there.

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Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks
The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks (An Instant Help Book for Teens)
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder |

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