

# YOUR NERVES CAN CURE THEMSELVES

once you learn how to de-sensitize them,  
this doctor's ingenious new way...

**If You Suffer From A Single One Of These  
Torturous Symptoms Of Nerves, Tension  
Or Chronic Anxiety, THEN THE FACTS  
BELOW MAY BE THE MOST IMPORTANT  
YOU HAVE EVER READ IN YOUR LIFE!**

Because they reveal, for the first time, *how your nerves have tricked you* into the following mental symptoms:

constant nervousness and over-irritation... indecision... depression... loss of confidence in yourself and others... feelings of unreality... overwhelming obsession with one or two horrible thoughts...

a hopeless feeling that your entire personality is coming apart... that your identity is dissolving... or that you may be helplessly drifting into a nervous breakdown!

And—equally as bad—*how your nerves have tricked you into the following physical symptoms:*

chronic fatigue, that starts in the morning, and grows worse as the day goes on...

"missed" heartbeats—"racing" heart—palpitations—or sudden sharp pains under the heart...

sweating hands—or "pins and needles" in either your hands or your legs...

"churning" stomach... nausea... choking feeling in the throat... inability to take a deep breath... tight band of pain around the head... "ready to jump out of your skin"... strange tricks of vision... weak spells... insomnia, that goes on night after night after night...

hand shaking... panic spasms... knots in your chest... dizziness... difficulty in swallowing... vomiting... and all the other physical tortures that turn your life into one continuous hell!

**And Every One Of These Nervous Symptoms  
Can Be Controlled... And Then Diminished  
... And Then Eliminated—OFTEN BY AS  
LITTLE AS THIS ONE SINGLE  
INSIGHT INTO THEIR HIDDEN CAUSE!**

And that insight is this:

If you suffer from any of the nervous symptoms listed above, then you must understand at once that your nerves are not ill... they have not deteriorated... they have not lost their true physical health in any way! What has happened to them instead is that they have simply become OVER-SENSITIZED... "rubbed raw" by too much outside irritation... and are now ready to discharge the emotional and physical symptoms of panic at even the slightest thing that goes wrong!

Thus, the depression... indecision... loss of confidence and all the other emotional symptoms you feel are all caused by OVER-SENSITIZED nerves! And the churning stomach... palpitating heart... never-ending headaches and all the other physical nervous-symptoms you feel are—again—all caused by OVER-SENSITIZED nerves!

And therefore the way to treat ALL these symptoms is NOT with drugs... NOT with shock... NOT with medical formulations or hospitalizations at all! The way to treat these nerves is to change the poisonous-thoughts that are rubbing them raw!

And this is done (as proven by this internationally-famed physician on thousands of patients) in four simple steps! The first of which stops nervous symptoms (both physical and emotional) from multiplying from that moment on! The second of which serves to tranquilize and quiet down those over-sensitized nerves far more powerfully (and permanently) than any drug a pharmacist could ever give you!

The third of which lets you stop fighting those symptoms (which only intensify them in an ever-increasing spiral of sheer torment), and—

## VITAL NOTE!

To gain the wonder-working benefits of this book in every area of your life starting within the first five minutes after you pick it up—there is absolutely no need to STUDY this revolutionary new book or even read it from cover to cover, or expend any more "literary" effort on your part other than to browse through it at your leisure for one or two thrilling minutes a day!

This is NOT a textbook! NOT a study manual! There are no lectures—not a single "blue-sky" theory to ponder over anywhere!

Instead, for the first time, here are revolutionary new breakthroughs that HELP YOUR NERVES DE-SENSITIZE THEMSELVES... ACTUALLY DRAIN OUT TORTUROUS MENTAL AND PHYSICAL SYMPTOMS, STARTING THE VERY FIRST DAY—all through a few incredibly-simple techniques that you can put to work for you the very first time you pick it up.

Therefore, we do NOT want you to treat this amazing volume as you would an ordinary book! Instead, we ask you this:

Place it on your bedstand, entirely at our risk, for thirty days! Browse through just a few pages every night before you retire! Skip around if you like! But make absolutely no conscious effort to "study" this book, "work" on it, or even memorize a single one of the thrilling techniques you will find on every one of its pages!

Instead, you'll make this startling discovery in these very first thirty days alone. Instantly—simply by leafing through its pages—your mind will automatically absorb the wonder-working procedures laid out for you in this book! Effortlessly, you will respond to its convention-shattering breakthroughs!

Inevitably—hour after hour—day after day—week after week—you will find your body draining away, almost by itself, the tortures of constant nervousness... overwhelming depression... lack of confidence... chronic fatigue... "skipping" or "racing" heart... pins and needles in hands or feet... even nausea, shortness of breath, chest and stomach pains, weak spells, and never-flagging insomnia! And much, much more!

All these—gone! For just a few short moments a day!

## WHAT OTHERS SAY:

"... helped me so much and released me from the particular hell I have been living in since my breakdown six years ago."

"I think of Dr. Weekes with admiration and deep gratitude, as I am sure thousands of other people are doing."

"I am amazed at the progress I made in such a short time."

"It would be no exaggeration to add that your book saved my life."

"The method you give for cure of nervous conditions is so effective—and so simple—I cannot think why nothing remotely like your system has been suggested to me."

"The great reassurance you give about the distressing physical symptoms of a disturbed nervous system is one of the greatest benefits to be derived from your book."

"You cannot possibly imagine what a relief it is to be able to view life normally again, instead of fear-panic all the while."

"I cannot describe the emotion I felt to find, at last, someone who really understood the problem, and to hear her say the condition can be cured."

"I would like you to know that my nervous condition has so greatly improved through the advice gleaned from your most precious and invaluable book... that all symptoms have now disappeared and I rarely need Librium or sleeping capsules."

"My physician is amazed at my progress and of course I showed him your book which he borrowed and read thoroughly and is now recommending to other patients."

"My wife has made a vast improvement since using your book and now feels for the first time like getting away from the hospital altogether. I'm sure if she had had your treatment in earlier years she would never have had to go into the hospital at all."

## WHAT THE PUBLISHER SAYS:

HOPE AND HELP FOR YOUR NERVES has already sold over 350,000 copies. Millions of Americans have heard Dr. Weekes on television and radio shows and have read excerpts from the book which appeared in Reader's Digest. If you are one of the many whose nerves are on edge and who sometimes feel panic and don't know why, this remarkable book was written for you.

instead—leave them alone in an ingenious way that lets them start healing themselves!

And the fourth of which—the great reward—brings you slowly-but-surely back to the person you used to be! With a new, enduring feeling of control and confidence that nothing can destroy! So much so that this doctor actually comes right out and states bluntly: "The advice given here will definitely cure you, if you only follow it!"

**In Fact, Case History After Case History  
Proves That Cure May Be So Dramatically  
Quick That Your Friends And Family  
Will Beg You To Tell Them Your Secret!**

Once again, it doesn't matter what physical or emotional symptoms you are now suffering from... how "deeply entrenched" they are... how long you have been plagued by them... how "old" or "weak" or "out-of-control" you may feel today! Here is specific, step-by-step advice that will (again to quote directly from the doctor) "banish every unwelcome sensation and regain peace of mind and body!"

For example:

The two-minute self-treatment (you perform one ingenious little action with your chest) that ends sudden panic seizures on the spot—including all their side effects such as dizziness, pins and needles, involuntary stiffening of the joints, inability to breathe, and all the rest.

That "lump in the throat that won't go away"—how to banish it in minutes... and enjoy eating any food you wish to once again!

Physical weakness—perhaps the most dreaded of all symptoms—and (surprisingly) perhaps the fastest of all to banish!

How to deal with the twin monsters of fatigue and guilt! And leave behind emotional exhaustion... morning depression... thoughts that once raced around and around in your mind without cessation! (And leave them all behind—for good!)

Why so many patients who tried these simple techniques actually came out of their nervous sicknesses as far finer and stronger people than they ever were before!

How to recover from chronic tension caused by an insoluble problem! The only sane way to overcome it! How to avoid unnecessary suffering, for both yourself and others! And, perhaps, actually turn your worst defeat into crowning success!

The surest and most permanent way to cure obsessions!

How to tap the forces of Nature, every morning, that are just waiting

## ABOUT THE AUTHOR

DR. CLAIRE WEEKES became interested in the problems of nervous illness when she observed in her medical practice that those who suffered most suffered "nervously." Dr. Weekes is Consulting Physician to the Rachel Forster Hospital in Sydney, Australia. She has written articles for popular magazines in England and has appeared with Mike Douglas, Arlene Francis, Barry Farber and many other U.S. radio and TV shows.

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to cure you!

How to bring happiness back into your everyday life! Not by waiting for some great event or reward... but simply by developing the eyes to see joy in the little things all around you!

And—the final goal: How to develop the kind of nervous control that automatically turns panic off the instant it starts! That frees you forever from "nerve-crutches" such as drugs or alcohol! That lets you pick up your life again from the point where over-sensitized nerves forced you to abandon it, with absolute confidence that you now have the poise and self-possession to accomplish the goals you have always wanted!

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