



Pass Through Panic: Freeing Yourself from Anxiety and Fear

Claire Weekes

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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.

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