

"The one book that's long been missing from  
our survival toolbox as Black women."

—Julia Boyd, psychotherapist and author of *Can I Get a Witness?*



# Soothe Your Nerves

The Black Woman's  
Guide to Understanding  
and Overcoming Anxiety,  
Panic, and Fear

Dr. Angela Neal-Barnett 

# Soothe Your Nerves

**Cal Orey**



## **Soothe Your Nerves:**

*Soothe Your Nerves* Angela Neal-Barnett, 2010-06-15 Do you or someone you love suffer from bad nerves Denise is constantly on edge She s convinced something bad is going to happen Ruth will drive an hour out of her way to avoid driving over a bridge When she has to do it her chest thumps her heart starts racing and she breaks out in a sweat She s beginning to think she shouldn t leave her house Bernice hasn t slept in two months for fear that the witch is going to ride her again What do these women have in common They are struggling with crippling anxiety disorders Thousands of Black women suffer from anxiety What s worse is that many of us have been raised to believe we are Strong Black Women and that seeking help shows weakness So we often turn to dangerous quick fixes that only exacerbate the problem like overeating and drug and alcohol abuse or we deny that we have problems at all In *Soothe Your Nerves* Dr Angela Neal Barnett explains which factors can contribute to anxiety panic and fear in Black women and offers a range of healing methods that will help you or a loved one reclaim your life Here finally is a blueprint for understanding and overcoming anxiety from a psychological spiritual and Black perspective

**Build Powerful Nerve Force** Paul Chappuis Bragg, Paul C Bragg, N.D., PH.D., Patricia Bragg, N.D., Ph.D., 2002-11 Millions of healthy happy followers have learned to control their Vital Nerve Force The Bragg Healthy Way This book provides prevention health maintenance All in one book You NEED this book if you have stress overload chronic fatigue insomnia depression nervous indigestion anxiety attacks mood swings and general health burnout

*50 Ways to Soothe Yourself Without Food* Susan Albers, 2009-09-01 Food has the power to temporarily alleviate stress and sadness enhance joy and bring us comfort when we need it most It s no wonder experts estimate that 75 percent of overeating is triggered by our emotions not physical hunger The good news is you can instead soothe yourself through dozens of mindful activities that are healthy for both body and mind Susan Albers author of *Eating Mindfully* now offers 50 Ways to Soothe Yourself Without Food a collection of mindfulness skills and practices for relaxing the body in times of stress and ending your dependence on eating as a means of coping with difficult emotions You ll not only discover easy ways to soothe urges to overeat you ll also learn how to differentiate emotion driven hunger from healthy hunger Reach for this book instead of the refrigerator next time you feel the urge to snack these alternatives are just as satisfying

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