



Overcoming Your Nerves

Helen Lilley

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Do you ever feel it's all too much? Do you keep losing your temper or bursting into tears? Do you ever feel your losing control over your life?

Everyone has their bad days, but these minor crises can be the first warning signs of a serious breakdown. Helen Lilley explains that the reasons for felling lie buried deep in your past. If you can learn to face them you can free yourself from the guilt, worry, fear and anger which can make you feel so helpless.

The patterns of behaviour you learnt as a child can destroy your life and your relationship with other people, but you can break out and find a healthier, more resilient approach to life.

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