

**“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 

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L Reisser



Soothe Your Nerves 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 Scribner's Magazine ... ,1919 **The World's Work** Walter Hines Page,Arthur W. Page,1921 A history of our time **Hearst's** ,1919 **Munsey's Magazine** ,1919 The Popular Science Monthly ,1920 **Popular Mechanics** ,1920 **Popular Science Monthly and World's Advance** ,1920 **The Wide World Magazine** ,1920 **Illustrated World** ,1919 *Forum* ,1921 **Project You** Aubre Andrus,2017-09-01 Find your balance _ Make a protein packed smoothie to energize for a busy day Center yourself after a stressful week by taking five minutes to write in your journal Strengthen your body and calm your mind with simple yoga poses and breathing techniques Craft a vision board to help you achieve your goals Create a time budget to organize your schedule Develop an evening routine that will help you wind down before sleep _ Award winning author Aubre Andrus shares more than 50 do right now projects that will help you beat stress smile big and discover a calmer more blissful you *Popular Science* ,1923-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better Electrical Experimenter ,1920 Weekly Florists' Review Gilbert Leonard Grant,1921 **Munsey's Weekly** ,1919 *Popular Science* ,1921-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Leslie's Illustrated Weekly Newspaper** ,1917 **The Disappearing Eye** Fergus Hume,1909 Printers' Ink; the ... Magazine of Advertising. Management and Sales ,1911

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