

 A Fawcett Great Book

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**cure
your**

nerves

yourself

by Dr. Louis E. Bisch

Author of *Be Glad You're Neurotic*

In this remarkable book, a famous psychiatrist shows you how to handle your emotional problems without the aid of pills or expensive professional help.

Newly revised by the author

NEWLY REVISED BY THE AUTHOR

*Cure Your Nerves
Yourself*

BY

LOUIS E. BISCH
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"Dr. Bisch's logic is sound, and his message is one of hope to the confused and forlorn. Anyone reading this book can be unburdened of the usual anxieties that beset us in these times of stress and strain."

— Dr. Richard H. Hoffmann
Distinguished Psychiatrist

how to really relax!

The art of relaxing has become big business. The manufacture of serenity pills is now a multimillion-dollar industry.

But pills are not the answer!

Drugging does not cure, because it does not reach the basic causes of personality problems. The only way to deal with the anxieties, worries, frustrations and depressions which afflict all of us at times is to understand the true basis of these feelings. No matter how trivial you think they are, they are robbing your life of fulfillment, pleasure and excitement!