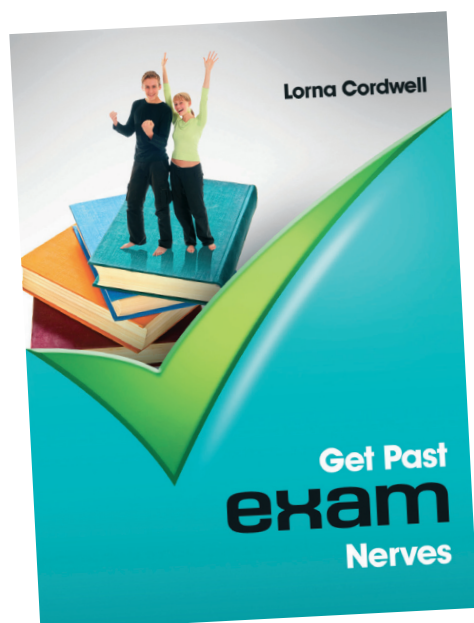


ADVANCE INFORMATION

Get Past Exam Nerves

Lorna Cordwell



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DESCRIPTION

'As soon as I open the paper, my mind goes blank.'

Few of us look forward to sitting exams. But you can learn to conquer your nerves and achieve your full potential with Harley Street therapist Lorna Cordwell's easy-to-follow guide.

Exam nerves affect different people in different ways. Some students feel a blind panic or forget all they have revised when it comes to the big day. This book will help you to understand your nerves and teach you how to overcome them. Through relaxation techniques, you can turn your fears into positive affirmations and work your way to exam success.

- Contains specially devised scripts to calm nerves, build confidence and anchor positive thoughts.
- Offers advice on how to control negative feelings and disconnect from others' stress.
- Includes simple therapeutic methods to help you retain and retrieve information.

THE AUTHOR

Based in - London

Lorna Cordwell, with a private practice on London's Harley Street, is a therapist who specialises in relaxation work and hypnotherapy to help clients overcome anxiety and fear. She has a degree in psychology from the London School of Economics and a postgraduate diploma from the National College of Hypnosis and Psychotherapy and has worked as a therapist since 1987.

KEY SELLING POINTS

- The second book in this new series; the first, *Get Past Driving Test Nerves*, ISBN: 978 1 84024 673 5 by the same author, was published in 2008.



PROMOTION & PUBLICITY

- Author interviews, feature coverage and press releases.



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