

DISCLAIMER

I Marius Smook, am not a qualified medical professional of any sort. I am a layperson who cured himself of agoraphobia using a self-help method taught by a medical practitioner. What follows is my sharing of my understanding of and experiences using the method together with some of my own discoveries. My book is not intended to be the rendering of medical advice. If you suffer from agoraphobia, panic attacks or any other form of medical, emotional, nervous or psychological disorder or problem, you must consult and obtain the approval of a qualified doctor, psychologist, psychiatrist or similar professional person before attempting any methods, theories, assistance, suggestions or otherwise offered herein.

CHAPTER 1

Introduction—Plans, Methods, Treatments and Solutions are Nothing Without Action

The cure for agoraphobia, which I call “The Weekes Method”, is a method taught by Dr. Clare Weekes who, after 30 years in practice, first as a physician and then as a practitioner, and finally as a physician with a special interest in the anxiety state, wrote a book called *Peace from Nervous Suffering*.

Peace from Nervous Suffering explains to an agoraphobic sufferer two things: firstly, what is wrong with him, and secondly, what he will have to do to get well again. This book goes one step further in that a person who has used the “Weekes Method” successfully and is today 100% cured, explains how to come to grips with the method and get on with the job of getting well again—through action.

I recommend that you purchase a copy of Dr. Weekes’ *Peace from Nervous Suffering*. If you are unable to obtain a copy, don’t despair. Extracts from the book, which I consider to be fundamental to your understanding of the method and to attaining a cure, are included in the text. These extracts can be identified as they are set in an italicized face and indented.