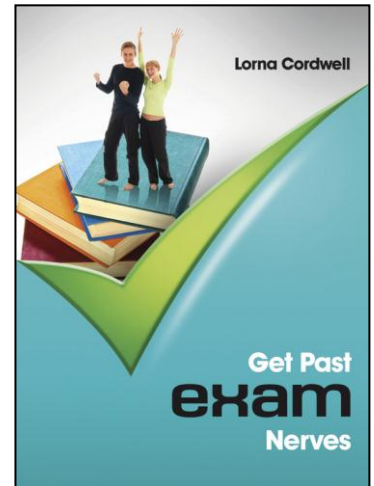


● SUMMERSDALE NEW BOOK RELEASE ●  
CONQUER THE FEAR OF EXAMS

# Get Past Exam Nerves

By Lorna Cordwell

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



... This will sound familiar to thousands of students preparing to take exams. But now they can turn their negative thoughts into positive affirmations using this no-nonsense guide, as Harley Street therapist **Lorna Cordwell** steers them to success in their all important exams.

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. This book:

- ✓ 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.

**Get Past Exam Nerves** will not teach specific subjects. It will however help overcome feelings of anxiety, fear or nervousness – both before and after exams. Using simple and easy to follow exercises and methods from the book, students will gain greater self-control during their exam and make sure that they get the mark they deserve!

**“Presented in a user-friendly format containing specially designed scripts to calm nerves and boost confidence”** *The Bookseller*

**About the author:** **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. **Lorna is based in London.**

**Praise for *Get Past Driving Test Nerves* from the same author:**

**“Invaluable”** [adiNEWS.co.uk](http://adiNEWS.co.uk)

**“No-nonsense guide to steer you towards success”** [motorbar.co.uk](http://motorbar.co.uk)

**Note to Editors – to request a review copy or be put in touch with the author please contact Dean Chant**

**Get Past Exam Nerves** is published by Summersdale (March 2009; ISBN: 978 1 84024 725 1; PB; 128 pages; £5.99). It is available through all good bookshops and internet booksellers or by telephoning Mail Order at Summersdale on: +44 (0) 1243 771107



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