

Throw away the pills!

Now, Ainslie Meares, M.D., an internationally famous psychiatrist, introduces the method he has successfully pioneered with hundreds of patients — a method that can relieve you of anxiety, tension, or even physical pain . . . without barbiturates, sedatives, tranquilizers, or drugs of any kind.



Relief Without Drugs

- Are you living a "hand-to-mouth" existence — with a pain-killer for your headache, a sleeping pill for your insomnia, and an energy pill to get you through the day?
- Do you want to reach for a tranquilizer every Monday morning?
- Does your "simple, safe headache pill" seem to have less and less effect lately?
- Do you find that, more and more often, you're losing your temper — and your best friends?
- Do you have trouble concentrating on the job and relaxing at home?
- Are you usually "too tired" or too tense to enjoy sexual relations the way you used to?
- Are you just a little frightened that your dependence on pills and drugs could get out of control?

If you, like most of us, had to answer "yes" to any one of these questions, then you owe it to yourself to test RELIEF WITHOUT DRUGS entirely at our expense — without cost or obligation.

The fact is, you are probably suffering from one of today's most common complaints — *too much tension, followed by too many pills.* And while you wouldn't think of taking LSD or marijuana, you also don't think twice about reaching for that friendly bottle in the medicine cabinet.

Now, thanks to the pioneering work of a respected psychiatrist, you may be able to set yourself free forever from pills and drugs . . . and at the same time gain more relief from tension and physical pain than you ever dreamed possible!

The method is simple. So simple that

you can expect to be skeptical when you first read about it.

It's easy. It takes as little as three minutes a day of your time.

It can work for anyone. It doesn't depend on knowing or understanding the cause of your anxiety or pain.

And best of all, this revolutionary relief is based, not on a new, unproven technique, but on the oldest, safest "tranquilizer" and "pain-killer" known to man. You develop, within yourself, man's built-in ability for coping with anxiety and pain — an ability we have lost as part of the payment for "progress."

The secret of RELIEF WITHOUT DRUGS

Dr. Ainslie Meares is a well-known psychiatrist — an authority not only on Western medicine, but also on the amazing "pain-controlling" secrets of the Oriental yogis and mystics. Gradually, gathering together all he had learned in a lifetime of medical training, he developed his own unique system of relief without drugs. In fact, Dr. Meares has actually tested the method himself by undergoing a

difficult tooth extraction without any anesthesia or pain-killer whatsoever.

In the last several years, Dr. Meares has been dramatically successful in introducing this method to patients suffering from a wide variety of ills. As you will read in RELIEF WITHOUT DRUGS, dozens of his patients suffering real physical pain — even people who had never been relieved by today's powerful wonder drugs — were able to control and inhibit pain using Dr. Meares' amazing method. What worked for them may work for you!

The most difficult problem you may face in using Dr. Meares' method is the feeling that "it's all too simple!" But remember that *every satisfied patient using the RELIEF WITHOUT DRUGS exercises started with the same skepticism.* Every one of them learned that the exercises can be as successful as they are simple — and that any adult may get full benefit from them.

To help you understand how and why the exercises work, Dr. Meares begins his book with an enlightening, easy-to-follow section on the causes and symptoms of anxiety. He shows you how to watch for the danger signs of tension-building situations. He demonstrates the emotional and psychological basis for many familiar physical ailments. And finally, *when you are ready for it*, he leads you step by step through the actual self-management techniques — first showing you how to free yourself from tension and anxiety, and then explaining how the same basic exercises can free you from the distress of pain.

From Dr. Ainslie Meares: "I am going to describe to you a way of dealing with anxiety that may seem almost too simple to believe. It is, in fact, the body's own natural way of coping with distress. It requires the use of no tranquilizers or other unnatural aids. It uses a basic mechanism that each of us possesses and that each of us can develop and use with tremendously satisfying results. My method for relieving anxiety and tension requires only that you learn a technique of mental exercises which can be done at any time and in any place. As you become increasingly able to do them successfully, your anxiety and tension diminish and the annoying and painful symptoms they bring disappear."

IMPORTANT: At no time does RELIEF WITHOUT DRUGS claim to be a substitute for your own doctor. Pain is frequently a warning alarm which no sensible person ignores. But very often pain persists long after the warning has been given — sometimes making the condition worse. And at these times, as many case histories prove, RELIEF WITHOUT DRUGS can hold out safe, effective, tested relief.

Two-week free trial

No case history is as convincing as the effect that RELIEF WITHOUT DRUGS can have on the person who means most to you — *yourself.* Read the book and try the exercises for just three minutes a day in your own home. Take two full weeks to discover what RELIEF WITHOUT DRUGS can do for you. You'll be tempted — even after two weeks — to throw your pills away!

Before you decide RELIEF WITHOUT DRUGS is "too good to be true" . . . read through this partial Table of Contents

Part A: The Self-Management of Tension and Anxiety

I. THE NATURE OF ANXIETY
 II. COMMON SIGNS OF ANXIETY
 • Anxiety in the Mind: Apprehension • Nervous Tension • Irritability • Insomnia • Depression • Lack of Concentration • Difficulties with Friends • Restlessness • Phobias • Obsessions • Stuttering / Anxiety in the Body: Palpitation • Pain in the Region of the Heart • Nervous Dyspepsia • Constipation • Nervous Diarrhea • Frigidity • Impotence • Asthma • Nervous Rashes • Nervous Headaches and Migraine • Painful Monthly Periods
 III. COMMON CAUSES OF ANXIETY
 Sexual Causes of Tension • Sexual Problems of the Shy Adolescent • Sexual Experience Before Marriage • Fear of Pregnancy • Problems of the Oversexed and the Undersexed • Sexual Pleasure in Causing Pain • Aggression as a Cause of Anxiety • Anxiety and Insecurity • Anxiety from Personality Traits
 IV. THE SELF-MANAGEMENT OF ANXIETY
 • General Principles: Do Not Be Put Off By The Simplicity • The Mental Exercises Are Effective Irrespective Of The Cause Of Anxiety • Conditioning • The Idea Of Regression / Some Practical Con-

siderations: Do Not Expect Too Much Too Quickly • Be Prepared For Ups And Downs • Do Not Be Impatient When At First You Cannot Relax • Mental Exercises Are Similar To Physical Exercises • Keep The Feeling Of Relaxation During Your Everyday Tasks / The Posture for the Exercises: Assume A Position That Is Not Too Comfortable • Use a Symmetrical Posture • The Lying Posture • The Sitting Posture • The Squatting Posture • Where And When To Do The Exercises • Things to Remember: Relaxing Mental Exercises Are Not Difficult • Ideas Have a Different Significance When Our Mind Is Regressed • Relaxing Mental Exercises Are A Natural Form Of Treatment • Aim For Relaxed Activity / How to Do the Exercises / More Advanced Exercises / The Relief of Symptoms: Regression And The Sequence of Thought • What Makes The Mental Sequences Work • How To Use The Trains Of Thought • Relaxation Is The Natural Way To Peace Of Mind • Experience The Feeling Of Letting Go • The Feeling Of Inner Strength • The Development Of Self-Discipline / Relief of Particular Symptoms: Insomnia • Phobias • Speech Difficulty • Asthma • Nervous Rashes • Frigidity • Premature Ejaculations / Sundry Conditions: Smoking • Nail-Biting • Blushing • Sterility • Loss of Strength • Wryneck / Fringe Benefits

Part B: The Self-Management of Pain

V. SOME NOTES ABOUT PAIN
 • The Biological Purpose of Pain • Types of Pain • Pain and Distress • Pain and Guilt • Pain and Depression • Pain and Fear / Our Sensitivity to Pain: Pain In Man And Animals • Our Lost Ability To Cope With Pain • Our Lack of Experience With Pain / Our Reaction to Pain • The Psychological Approach to Functional Pain • The Psychological Approach to Pain of Organic Origin
 VI. THE SELF-MANAGEMENT OF PAIN
 • The Principles of the Self-Management of Pain: Reduction Of The General Level Of Anxiety • The Avoidance Of Psychological Reactions Which Increase Pain • The Use Of Psychological Reactions Which Reduce Pain • The Practice Of Relaxing Mental Exercises • Conditioning Against Pain • The Acceptance Of Pain In Pure Form / Exercises In Discomfort • Exercises in Pain
 • The Self-Management of Different Kinds of Pain: The Prevention of Pain When We Are Expecting It • The Self-Management Of Chronic Pain • The Self-Management Of Sudden Unexpected Pain • The Pain Of Childbirth.
 • Lack of space permits only a partial list of chapters and topics in this amazing book!

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