



**The Exam Nerve Cure - How To Beat Examination  
Nerves And Test Anxiety To Give Your Peak  
Performance (Exam Test nerve nerves anxiety  
panic attack performance ... stress relief  
management examination)**

*Mark Best*

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You're about to discover proven steps and strategies on how to prevent and overcome the anxiety of taking exams or tests of any kind enabling you to give your best and achieve the results you deserve.

Taking exams and tests are a necessary part of life and often lead to many wonderful opportunities and adventures. After many hours, days, weeks or months of hard study and practice the all-important test day is your chance to shine and show them what you've got. That's when you need to have all your knowledge and experience accessible and ready to give.

Exam nerves and test anxiety is an unhelpful over-reaction of your mind and body to a non-existent threat. This drastically reduces your performance well below what you are capable of achieving when you are in the right state of mind.

This book will show you how to get into a peak performance mindset of focus, confidence and relaxed concentration. You'll learn how to control nerves and use their power to your advantage to create focus and sharpen your senses. These easy to pick up tools and techniques will put you firmly in the driving seat to create the results you deserve when you are operating at your full potential.

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- Stress Explained
- Planning Ahead Of Time
- Proper Pre-Exam Study Habits & Tips
- Maintaining Your Best Physical State
- Attaining The Proper Mindset

- Extra Helpful Stress Busting Tips
- Much, much more!

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