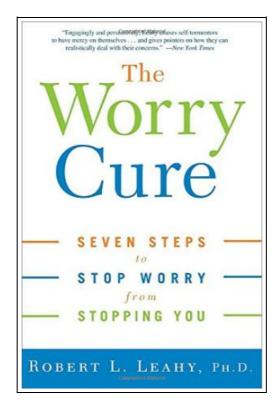
# The Worry Cure: Seven Steps to Stop Worry from Stopping You



Filesize: 4.18 MB

## Reviews

The ebook is fantastic and great. It really is basic but unexpected situations within the fifty percent in the book. Its been written in an exceptionally basic way in fact it is only after i finished reading through this ebook by which actually modified me, modify the way in my opinion.

(Ms. Donna Parker MD)

## THE WORRY CURE: SEVEN STEPS TO STOP WORRY FROM STOPPING YOU



Harmony. Paperback. Condition: New. 336 pages. Dimensions: 7.7in. x 5.2in. x 0.9in.You wish you didnt spend as much time worrying as you do, but you just cant seem to help it. Worrying feels like second nature. Its what helps you solve your problems and prevents you from making mistakes. Its what motivates you to be preparedif you didnt worry, things might get out of hand. Worry protects you, prepares you, and keeps you safe. Is it working Or is it making you tense, tired, anxious, uncertainand more worriedFor more than twenty-five years, Dr. Robert L. Leahy has successfully helped thousands of people defeat the worry that is holding them back. The Worry Cure is his new, comprehensive approach to help you identify, challenge, and overcome all types of worry, using the most recent research and his more than two decades of experience in treating patients. This empowering seven-step program, including practical, easy-to-follow advice and techniques, will help you: Determine your worry profile and change your patterns of worry Identify productive and unproductive worry Take control of time and eliminate the sense of urgency that keeps you anxious Focus on new opportunitiesnot on your fear of failure Embrace uncertainty instead of searching for perfect solutions Stop the most common safety behaviors that you think make things betterbut actually make things worseDesigned to address general worries as well as the unique issues surrounding some of the most common areas of worryrelationships, health, money, work, and the need for approvalThe Worry Cure is for everyone, from the chronic worrier to the occasional ruminator. Its time to stop thinking youre just a worrier who cant change and start using the groundbreaking methods in The Worry Cure to achieve the healthier, more successful life you deserve. From the Hardcover edition. This item ships from multiple...



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