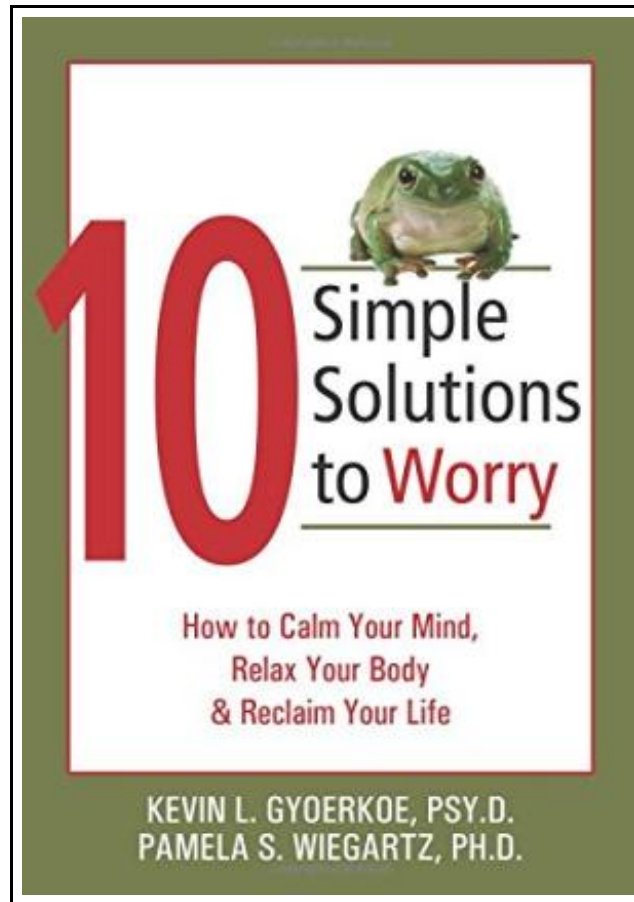


10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, 10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life, Kevin L. Gyoerkoe, Pamela S. Wiegartz, We all worry about things from time to time, but some of us just can't seem to stop expecting the worst - even when our expectations are very unlikely to occur. This condition, chronic worry, is disruptive all by itself and it can lead to other, more serious anxiety problems. This book - the fifth in "New Harbinger's Ten Simple Solution" series - offers a handful of easy and effective techniques for getting rid of worry once and for all. Drawing on powerful psychotherapeutic techniques, this guide is a succinct resource of cognitive-behavioural techniques for controlling worry and reducing stress. Exercises include self-assessments, motivation builders, relaxation training and cognitive restructuring. After identifying and changing the negative thoughts that result in worry, readers will learn to replace worry behaviours with other, more positive and constructive activities.



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