



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

By Robert L. Leahy

Harmony. Paperback. Condition: New. 336 pages. Dimensions: 7.7in. x 5.2in. x 0.9in. You wish you didn't spend as much time worrying as you do, but you just can't seem to help it. Worrying feels like second nature. It's what helps you solve your problems and prevents you from making mistakes. It's what motivates you to be prepared if you didn't 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, uncertain, and more worried? For 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 opportunities, not on your fear of failure. Embrace uncertainty instead of...



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