

# The Worry Solution

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our brains are hardwired to worry but we can learn to worry less modern stresses have as much to do with what we think about as what happens to

us yet in a world of information overload and numerous demands on our time it can be hard to keep our anxious thoughts in check the worry solution teaches you how to relieve stress and anxiety by training your imagination using the very latest findings from neuroscience combined with simple techniques this acclaimed guide will help you re programme the conversation between the thinking and feeling parts of your brain discover how to significantly reduce worry and anxiety and enhance your confidence and happiness for the rest of your life

based on cutting edge brain science dr martin rossman has developed a program to help you break the worry cycle and transform worry into a positive force our brains are hardwired for worry while our ancient ancestors had a legitimate use for the fight or flight instinct today what was once a matter of survival has become the stuff of sleepless nights and anxiety filled days at its best worry is a way for us to turn over and solve a problem in our minds but for many worry becomes a negative cycle of unnecessary suffering in the worry solution dr rossman gives you an easy to follow plan for taking control of your reactions to stress and anxiety using proven clinical techniques that harness the very power of imagination that creates worry and stress you will learn the five basic skills that will help you to clarify your worries sort them into those you can and cannot do something about and tap the wisdom buried deep within you to help solve problems creatively at the heart of the program is the use of guided imagery and creative visualization techniques that invigorate the emotional and intuitive parts of the brain to add to and enhance logical intelligence not only can you start to see a change in your stress levels immediately but with regular practice you may literally alter the worry pathways in your brain and hardwire yourself for calmness and clarity grounded in cutting edge science and wonderfully accessible the worry solution is a powerful and practical guide to living your best life healthier happier and free from unnecessary stress

do you worry that you'll say the wrong thing wear the wrong outfit or look out of place or maybe that you'll make a mistake at work disappoint your partner or overlook a serious health problem or perhaps you just worry too much constantly running what if scenarios through your head of course you do we all do worry is a central issue in many people's lives 38 of people say they worry every day in this groundbreaking book dr robert leahy offers new insight advice and practical techniques for everyone who has ever had a sleepless night using the most recent research and his 25 years of experience treating patients dr leahy helps us understand why we worry and how best to defeat it in his easy to follow programme he tells you how to identify productive and unproductive worry accept reality and commit to change turn failure into opportunity use your emotions rather than worry about them combining stories from his practice with unique approaches to reducing worry the worry cure is an essential companion for everyone who is anxious

the comprehensive approach to help you identify challenge and overcome all types of worry 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 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 searching for perfect solutions stop the most common safety behaviors that you think make things better but actually make things worse designed to address general worries as well as the unique issues surrounding some of the most common areas of worry relationships health money work and the need for approval the worry cure is for everyone from the chronic worrier to the occasional ruminator it s time to stop thinking you re just a worrier who can t change and start using the groundbreaking methods in the worry cure to achieve the healthier more successful life you deserve

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find your fresh start by learning how to cope with anxiety and become a calmer happier and more grounded person with this simple and accessible guide remarkable pioneering could change your life daily mail this is a book for anyone experiencing anxiety guiding you through simple ways to ease panic dread and fear in the uncertainty of modern life the anxiety solution is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist and host of the calmer you podcast chloe brotheridge chloe will help you understand why we feel anxious and will equip you with techniques to help manage the symptoms and start living a happier more confident life based on the latest scientific research and her unique programme which has already helped hundreds of clients the anxiety solution will show you how to regain control of your life i know what it s like to be stuck in a cycle of anxiety i used to feel as though fear and worry were a permanent part of who i was but i m here to tell you that it doesn t have to be this way the truth is your natural state is one of calmness and confidence and i m going to teach you how to get there if you want to spend less time worrying this book is the solution for you you ll be surprised how quickly you can be back in control and able to enjoy your life once again discover the impact the anxiety solution has had on readers as an anxiety sufferer who has tried medication and

counselling i never truly felt that anyone understood exactly what i was feeling until i ordered this book it has changed the way i look at life and i wish i d have found it sooner 5 reader review inspiring educational and informative if you are somebody looking for solutions to your health wellbeing and happiness this book is for you could not recommend highly enough 5 reader review putting into practice what is written in this book has made me one million times more positive in my thinking than i ever was 5 reader review chloe offers realistic advice and methods that have helped me to co exist with my anxiety in a way i never thought i could 5 reader review

a new york times best seller draws on the latest research in psychology and neuroscience to show how the rational and the emotional faculties of the mind work together to shape the fate of each individual

announcing one of the first four titles in the overcoming series the immensely popular international market leader of self help titles

explains how to break the habit of worry based upon the latest research and interviews with psychologists and psychiatrists and informal focus groups of women in all parts of the country

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