



10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series)

Kevin L. Gyoerkoe, Pamela S. Wiegartz

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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 little 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, **10 Simple Solutions to Worry** is a succinct resource of cognitive-behavioral 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, you'll learn to replace worry behaviors with other, more positive and constructive activities.

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