



Stop Worry Now

Whingers Tannah

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This new concise guide to understanding and coping with worry will help you to change your life for the better. Most of the literature available that deals with the complex topics of worry and anxiety are very in depth and hard to follow. What we have attempted to produce is something which is both quick to read and easy to implement.

The technique and coping mechanism covered within the book works, but more importantly you can use it anywhere and at anytime.

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