



The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness

By Martin L. Rossman

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness, Martin L. Rossman, 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.



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