



How to Beat Your Fears and Worries

By Helen Kennerley

Little, Brown Book Group, United Kingdom, 2011. Paperback. Book Condition: New. 176 x 112 mm. Language: English . Brand New Book. We all worry about stuff in our lives, but some of us may find ourselves worrying excessively, even about those things completely beyond our control. Or we may simply find that worrying thoughts are dominating our daily life and are destroying our quality of life. Of course we all have worries, but rather than labelling yourself a worry wart or worrier , you can overcome your chronic anxiety and start to lead a happier, more fulfilling life. Cognitive Behavioural Therapy, on which this self-help book is based, is a recognised, effective treatment for anxiety. It will help you to recognise and challenge your negative and anxious thoughts, and change any behaviour which may have inadvertently kept your anxiety going, and move towards a more worry-free future.



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