

# Why Worry? Stop Coping and Start Living

## Are you tired of worrying?

Do you feel like your worries are controlling your life? If so, then this book is for you.



## Why Worry?: Stop Coping and Start Living by Kathryn Tristan

★★★★☆ 4.1 out of 5

Language : English

File size : 2270 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 185 pages



In *Why Worry?*, Dr. Edward Hallowell offers a practical, step-by-step guide to help you stop coping and start living. Dr. Hallowell is a leading expert on anxiety and stress, and he has helped thousands of people overcome their worries.

In this book, Dr. Hallowell will teach you how to:

- Identify the sources of your worries
- Challenge your negative thoughts
- Develop coping mechanisms that actually work
- Live a more fulfilling and meaningful life

If you're ready to stop worrying and start living, then this book is for you.

### What people are saying about *Why Worry?*

"This book is a lifesaver. I've been struggling with anxiety for years, and nothing has helped me as much as this book." - **Sarah**

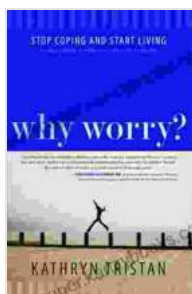
"Dr. Hallowell is a brilliant writer and a gifted therapist. This book is full of practical advice that can help anyone overcome their worries." - **John**

"I highly recommend this book to anyone who is struggling with anxiety or stress. It's a must-read for anyone who wants to live a more fulfilling and meaningful life." - **Mary**

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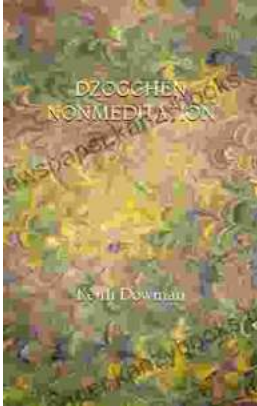
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