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The Worry Solution

The Worry Solution is first-rate medicine for your heart, your health and your daily life. -- Dean Ornish, Clinical Professor of Medicine, University of California, San Francisco From one of America's leading experts in mind-body medicine comes one of the best books on worry and stress to appear in years., Larry Dossey, MD

The Worry Solution: Using breakthrough brain science to

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While our ancient ancestors had a legitimate use for the fight-or-flight instinct, today what was once a matter of survival has

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In The Worry Solution, Dr. Rossman gives you an easy-to-follow plan for taking control of your reactions to stress and anxiety. Using proven clinical techniques that harness the very power of imagination that creates worry and stress, you will learn the five basic skills that will help you to clarify your worries, sort them into those you can and cannot do something about, and tap the wisdom buried deep within you to help solve problems creatively.

The Worry Solution: Book and 2CD Guided Experience Set ...

The Worry Solution is first-rate medicine for your heart, your health, and your daily life." --Dean Ornish, Founder and President, Preventive Medicine Research Institute Clinical Professor of Medicine, University of California, San Francisco

The Worry Solution: Using Your Healing Mind to Turn Stress ...

The Worry Solution has just been reissued to accompany the release of Dr. Rossman's PBS show entitled The Healing Mind! Check your local PBS schedule to see this powerful one hour

special that will show you how to use the power of your healing mind to relieve stress and anxiety and stimulate healing in body, mind, and spirit.

The Healing Mind

Unfortunately, The Worry Solution cannot remove real tragedy and hardship from life. But it can eliminate a great deal of tragedy and hardship that never actually happens. The essence of The Worry Solution is separating things into those you can do something about from those you can't, and learning how to deal better with both. It doesn't mean life is easy, but it can help us avoid making life harder than it needs to be.

The Worry Solution by Martin Rossman, M.D.: 9780307718242 ...

Read "The Worry Solution Using breakthrough brain science to turn stress and anxiety into confidence and happiness" by Martin Rossman available from Rakuten Kobo. Our brains are hardwired to worry, but we can learn to worry less. Modern stresses have as much to do with what we think...

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