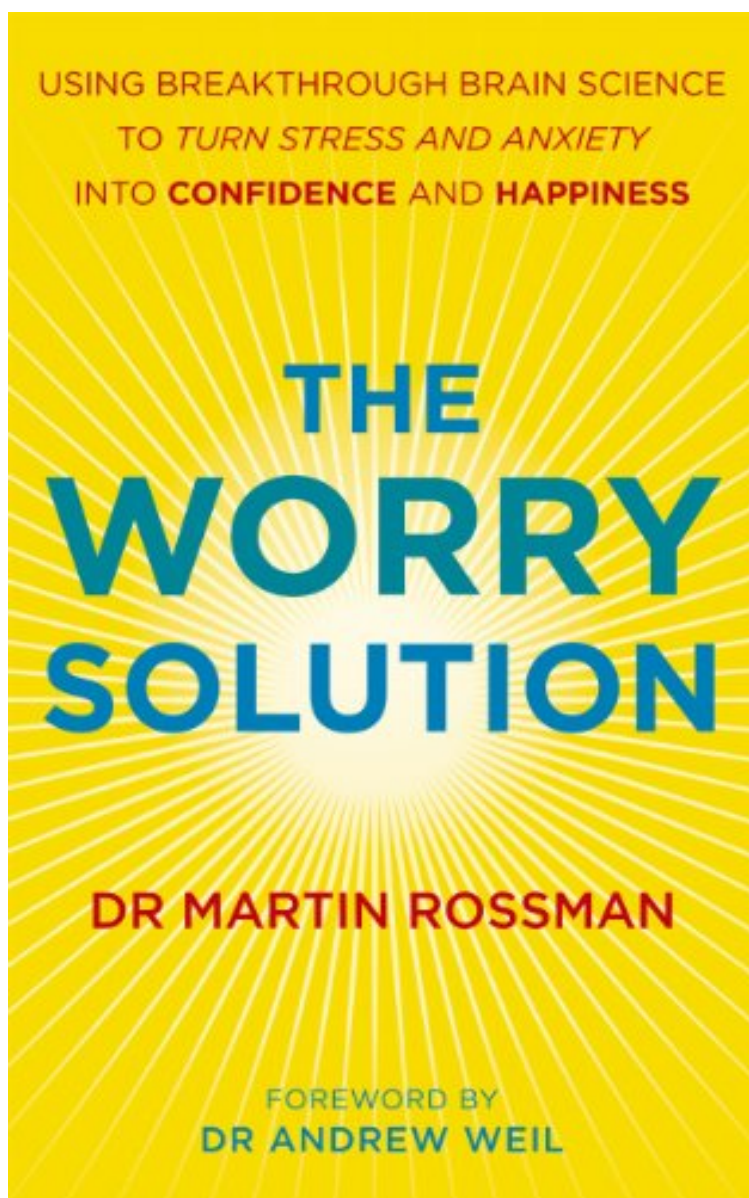


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# The Worry Solution: Using breakthrough brain science to turn stress and anxiety into confidence and happiness



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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.

Revue de presse "A unique marriage of timeless wisdom, cutting-edge brain science, and practical techniques that stop runaway worry and stress. 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)

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