



## How to End the Worry Habit

*Bernadette M. Farrell*

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“How to End the Worry Habit” will teach you, how to bring about an end to your anxiety and panic, by bringing about an end to your catastrophic ‘What if’ type thinking. You will be shown how to do a reality check on the thoughts that underlie your anxiety and worry. You will learn how to overcome the disturbing and distressing symptoms of anxiety and panic. The book is easy to read and its techniques are practical and easy to apply. “I would recommend anyone who suffers from anxiety and who has a tendency to worry to read this book.” Anxiety UK

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