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# The Worry Cure: Seven Steps To Stop Worry From Stopping You

## The Worry Cure

— SEVEN STEPS —  
to  
— STOP WORRY —  
from  
— STOPPING YOU —

ROBERT L. LEAHY, PH.D.



## Synopsis

You wish you didn't spend as much time worrying as you do, but you just can't seem to help it. Worrying feels like second nature. It's what helps you solve your problems and prevents you from making mistakes. It's what motivates you to be prepared "if you didn't worry, things might get out of hand. Worry protects you, prepares you, and keeps you safe. Is it working? Or is it making you tense, tired, anxious, uncertain "and more worried? For more than twenty-five years, Dr. Robert L. Leahy has successfully helped thousands of people defeat the worry that is holding them back. The Worry Cure is his new, comprehensive approach to help you identify, challenge, and overcome all types of worry, using the most recent research and his more than two decades of experience in treating patients. This empowering seven-step program, including practical, easy-to-follow advice and techniques, will help you: • Determine your worry profile • and change your patterns of worry • Identify productive and unproductive worry • Take control of time and eliminate the sense of urgency that keeps you anxious • Focus on new opportunities • not on your fear of failure • Embrace uncertainty instead of searching for perfect solutions • Stop the most common safety behaviors that you think make things better • but actually make things worse

Designed to address general worries as well as the unique issues surrounding some of the most common areas of worry "relationships, health, money, work, and the need for approval "The Worry Cure is for everyone, from the chronic worrier to the occasional ruminator. It's time to stop thinking you're just a worrier • who can't change and start using the groundbreaking methods in The Worry Cure to achieve the healthier, more successful life you deserve. From the Hardcover edition.

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## Customer Reviews

I was going through a difficult time in my life and someone recommended this book to me. I must confess I let it sit on my shelf for three months---I think because I was afraid I would find it too hard to use. But when I began reading the book--especially the first chapter-- I knew immediately that Dr. Leahy understood what I was going through. His style of writing made it easy for me to see myself in a new light. I also learned a lot about why I worry---and I am thankful that people have done research on this. Just as he says, I assume that if I don't know something for sure then it must be bad and I am constantly jumping to conclusions. Dr Leahy gave me a seven step program to handle my worries. The first step that I immediately found helpful was to realize that there is a difference between productive and unproductive worry. This was a relief because he wasn't telling me to stop worrying and be happy. And he gives a list of things to do when my worries start coming to me. I began to use the seven steps and I began feeling a little better in a few days. and then I began feeling a lot better. It wasn't perfect--which is another thing I realized was behind my worry. Dr. Leahy also discussed a fascinating area of research on worry--that people who worry are actually avoiding emotion. I began to recognize myself in that step, too. I was afraid of having bad feelings--I was afraid that I would get so depressed I couldn't stand it. I realized that I might have some good reasons to feel sad or anxious at times--but I didn't need to worry to get rid of those feelings. Another thing that was helpful is the chapter on how to handle failure. Being a perfectionist I always was afraid of failure. The author gives twenty things to say to yourself when you think of failure.

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