



The Worry Cure: Seven Steps to Stop Worry from Stopping You

Robert L. Leahy

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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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