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How Not to Worry: The Remarkable Truth of How a Small Change Can Help You Stress Less and Enjoy Life More

By Paul McGee

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, How Not to Worry: The Remarkable Truth of How a Small Change Can Help You Stress Less and Enjoy Life More, Paul McGee, How to defeat stress, worry, and anxiety to achieve more in business and life. From the international bestselling author of Self-Confidence. Are You A Worrier? Do you seem to worry more than most? Do you find that insignificant things stress you out? Do you sweat the small stuff and the big stuff too? Well, now s the time to stop worrying and start living. Worry, stress, anxiety whichever label you prefer to use can have consequences that impact not only our lives, but the lives of others around us. When we worry it s like the engine of our mind is constantly being revved up. It doesn t allow us time to switch off and rest. It tires you out. And when you re tired you re less likely to think straight. And when you re not thinking straight it s easy to make stupid mistakes and confuse priorities. But relax. There is a way forward. In How Not to Worry Paul McGee shows us that...



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