



How to Stop Worrying (Overcoming common problems)

Frank Tallis

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Would you say you were a born worrier? Do you ever feel worried without knowing why? Worry is a natural warning system. It's your brain's way of warning that something is wrong and needs to be dealt with. But sometimes things get out of hand, and worrying starts to spoil your enjoyment of life and affects your health. Frank Tallis explains how you can actually control your worry and make it work for you.

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