



# Worry Patterns: A Workbook for Observing and Dismantling Worries

*J J Young*

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**Does it feel like you worry more than anyone else you know?**

Worry damages your health by causing a constant state of stress.

It keeps you from going after what you want and holds you back from success.

Did you know that most of your worries are highly exaggerated creations of your imagination?

The best way to control worry is to track the things you worry about and put them under a microscope. By using this workbook, you will quickly see the deceptive thinking patterns and distorted emotions behind your worries.

**Worry Patterns: Break free from chronic worry.**

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