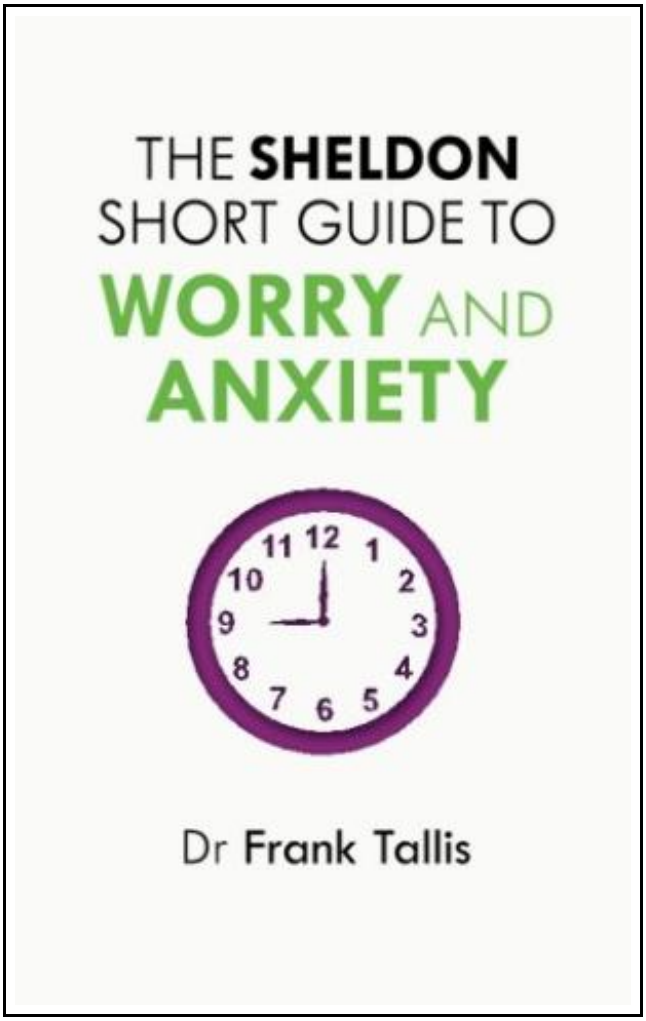
# The Sheldon Short Guide to Worry and Anxiety

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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, The Sheldon Short Guide to Worry and Anxiety, Frank Tallis, Sheldon Short guides let you grasp the essentials in less than an hour! Worry is a useful biological response to adverse circumstances, which can sometimes get out of hand. While the anxiety response primes us for action, too much becomes counterproductive. This easy-to-read manual explains how to understand and control your worry, and make the brain's warning system work for you. Topics include: Defining worry and its mechanism Preparing to solve your problems - skills to practise How to solve your problems Brainstorming and making decisions Coping with setbacks When the worry won't stop Coping successfully with unavoidable problems.

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