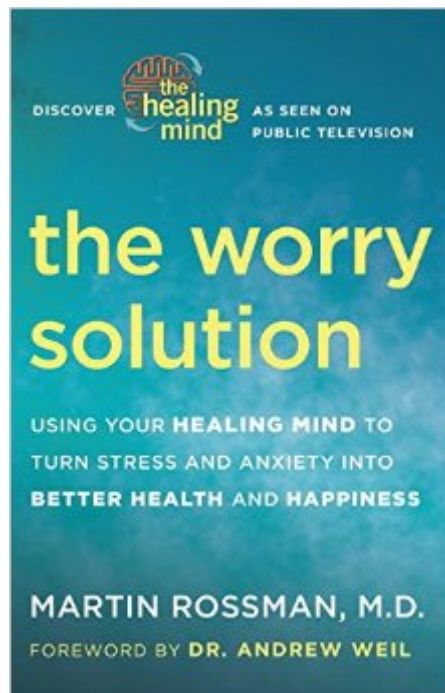


The book was found

# The Worry Solution: Using Your Healing Mind To Turn Stress And Anxiety Into Better Health And Happiness



## Synopsis

As seen on Public Television! Our brains are hardwired for worry. At its best, worry helps us reflect on and solve a problem. But for many, worry creates a negative cycle of unnecessary suffering. Now, based on cutting-edge research and proven clinical techniques, Dr. Martin Rossman has developed a program to help you harness the healing power of the mind to invigorate the emotional and intuitive parts of your brain and enhance your problem-solving abilities. You<sup>™</sup> will learn to:

- Identify worries you can “and can’t” control.
- Cultivate the part of your brain that helps you solve problems more creatively.
- “Hardwire” yourself for calmness and clarity with guided imagery.

Grounded in breakthrough research and wonderfully accessible, *The Worry Solution* is a powerful and practical guide to living your best life – healthier, happier, and free from unnecessary stress.

## Book Information

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[Anxieties & Phobias](#) #138 in [Books > Self-Help > Stress Management](#) #844 in [Books > Health, Fitness & Dieting > Mental Health](#)

## Customer Reviews

The book does have some helpful hints but it is repetitive. Did not appreciate that after paying for the book you would need to separately buy the audio tape for the guided exercises- why not just allow free download of them if you already purchased the book?

Finally, someone who gives concrete reasons explaining how the mind works and how 'worry' is part of that. And then, concrete ways to change things. Really made a huge difference in my life. It should be required reading for this decade and beyond.

As the Nurse Navigator for a large Women's Health Center, I meet with nearly one-third of the women newly diagnosed with breast cancer in Sonoma County, California. For years I have recommended Dr. Rossman's recorded guided imagery materials to my patients. Now his excellent book goes straight to the list of resources I offer my patients and their families.

In the "Worry Solution" my good friend Dr. Marty Rossman will teach you how to move from ineffective anxiety to effective problem solving and a sense of peace. To me, this is the core of resiliency; learning to peacefully approach life in a thoughtful way. The tools in this book have served me well in my management of my own metastatic cancer. I could worry about dying or live my life fully. Thanks Marty, for putting it all together so eloquently. Lee Lipsenthal, MD, ABIHM Founder of Finding Balance in a Medical life.

Dr. Rossman presents a critical look at worry, anxiety, and stress and shows us how we can channel what we do, how we feel, and how we cope with challenges in our life in a positive and constructive way. He brilliantly convinces us through story, and coaches us through the experience of guided meditation to transform excessive worry into a powerful tool that accomplishes what he terms "worrying well." The Worry Solution, relying on breakthrough neurophysiology and creative new thinking, provides us with a clear and easy-to-understand step by step approach that can change our life from worry and anxiety to peace, joy, and happiness. This is an outstanding book that everyone should read! Well done, Dr. Rossman!

This book is easy to read, understand, and use. I am working on the practices to worry less, take positive action, and live a more creative life. If you will give it a real chance and not take its simplicity for granted, I'm confident you will get a lot out of this book. Suggestion: Fix Small Font and Dark Text Background to improve readability. I really hope a next edition of this very valuable book will be reformatted to upsize the small font size of the main text, and to really upsize the very, very small text font size in the guided imagery exercise boxes. It would also help greatly to remove the shaded, dark background of these boxes. More contrast of a lighter page background to contrast with the black font would make it so much easier to read these important sections.

Excellent book. A step above the normal "how to stop worrying" book. The author explains things in a little different way, making things easier to understand. He also gives relaxation exercises that are very helpful! I would definitely recommend this book.

Excellent cd (and book) for all of us who have worry issues (and worry about worrying). Dr. Rossman's "Guided Experiences" really help, and are especially useful in conjunction with the book. This is standard meditation in some ways, but don't let that put you off. His voice is good, relaxing and soothing. He also speaks about 'positive worrying'.

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The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy  
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )  
Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety  
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)  
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms  
Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry  
STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3)  
Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed)  
The Anxiety and Worry Workbook: The Cognitive Behavioral Solution  
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Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life)  
The Worry Cure: Seven Steps to Stop Worry from Stopping You  
The Fear and Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind  
The Fear and Anxiety Solution: Guided Practices for

Healing and Empowerment with Your Subconscious Mind Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS-1hour Life Coaching Session. Overcome Anxiety Today) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners)

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