



How to Stop Worrying: New Edition (Overcoming Common Problems)

Frank Tallis

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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 even to affect your health. In this easy-to-read manual, Dr Frank Tallis explains how to understand your fears, and how to control your worry and make it work for you in a positive way. Topics include:

- Defining worry and its mechanism
- Preparing to solve your problems - skills to practise
- How to solve your problems - brainstorming, making decisions
- Problem-solving in action - did it work?
- Coping with setbacks
- When the worry won't stop - coping successfully with unavoidable problems



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