



# **Worrying No More: A Complete Guide on How to Stop Worrying & a Holistic System to Eliminate Anxiety, Reduce Stress, & Create Harmony & Balance in Your Life**

*Richard V. Lane*

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**Aren't you tired of allowing your negative thoughts to drain you? Don't you want to stop being stressed out?** Well, it's time to stop worrying and start living.

Worrying and stress can actually affect how you think and make decisions. It can also have a negative effect on your ability to solve problems. Your objectivity is lost and logically resolving issues becomes much harder.

**Just think of the life you could have if you resolve those issues and begin to think clearly again!**

That's what "**Worrying No More**" is all about.

Here's just some of what you'll discover in "**Worrying No More**":

- How to face why you worry...
- **3 little known, yet simple ways to control your negative thought patterns...**
- 2 simple keys (that are right in front of your eyes) to rid your mind of worrying and anxiety...
- **6 time tested and proven strategies to dealing with inevitable events in your life...**
- 3 proven steps to understanding why you focus on what 'could have been' or 'what may happen'...
- **Visualization & affirmation scripts to help you create harmony & balance and eliminate worry...**
- WARNING: 3 things you should never do when it comes to controlling your worrying habits...
- **You'll discover in just a few short minutes advanced techniques on problem solving...**
- When to seek professional help when it comes to your anxiety...
- **9 different tools you can use to safeguard yourself from worrying...**
- How to effortlessly eliminate anger & resentment so they don't control your life...
- **7 everyday but often overlooked tips and tricks for finding a way out of the dark and depressive cave of worrying...**
- How to refocus your mind on the positives in your life...
- **And much more...**

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