

**THE WORRY CURE: STOP WORRYING AND START
LIVING**

Racheal Omahony

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I feel that a book like this works best if it's read or done in conjunction with something like *Full Catastrophe Living* by Jon Kabat-Zinn - something that focuses on quieting the mind and being in the moment. But once he started, he built up an original investment of fifty-five borrowed dollars into a business of his own that made him twenty thousand dollars a year. If you want a primer on Cognitive Behavioral Therapy that is presented in a prescriptive way, then this is the book for you.

I recently read a review of Angela Duckworth's book *Grit* where many people commented. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and

dealing with third-party payers. Tension is a habit. Face the worst that can happen.

And so worries can more easily start buzzing around in my head. Focus on the things you have the power to change, rather than the circumstances or realities beyond your control.