



# How Not to Worry: How to stop anxiety spoiling your life

*Caroline Carr*

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## **How Not to Worry: How to stop anxiety spoiling your life** Caroline Carr

Worrying affects a growing amount of the population in various forms including chronic anxiety to panic attacks. This book explores this issue in great depth -explaining exactly what anxiety is and why it has such a hold over us, and allows readers to rebuild their confidence and set realistic goals for themselves. This guide is written from the point of view of someone who has experienced first-hand what an anxiety attack feels like. It contains many practical techniques that will help people to control their emotions rather than let their emotions take control of them and case studies and quotes from both sufferers and professionals. Author, Caroline Carr, is an experienced life coach and is also the author of Living With the Black Dog, the 'sister title' to this book which deals with depression.

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