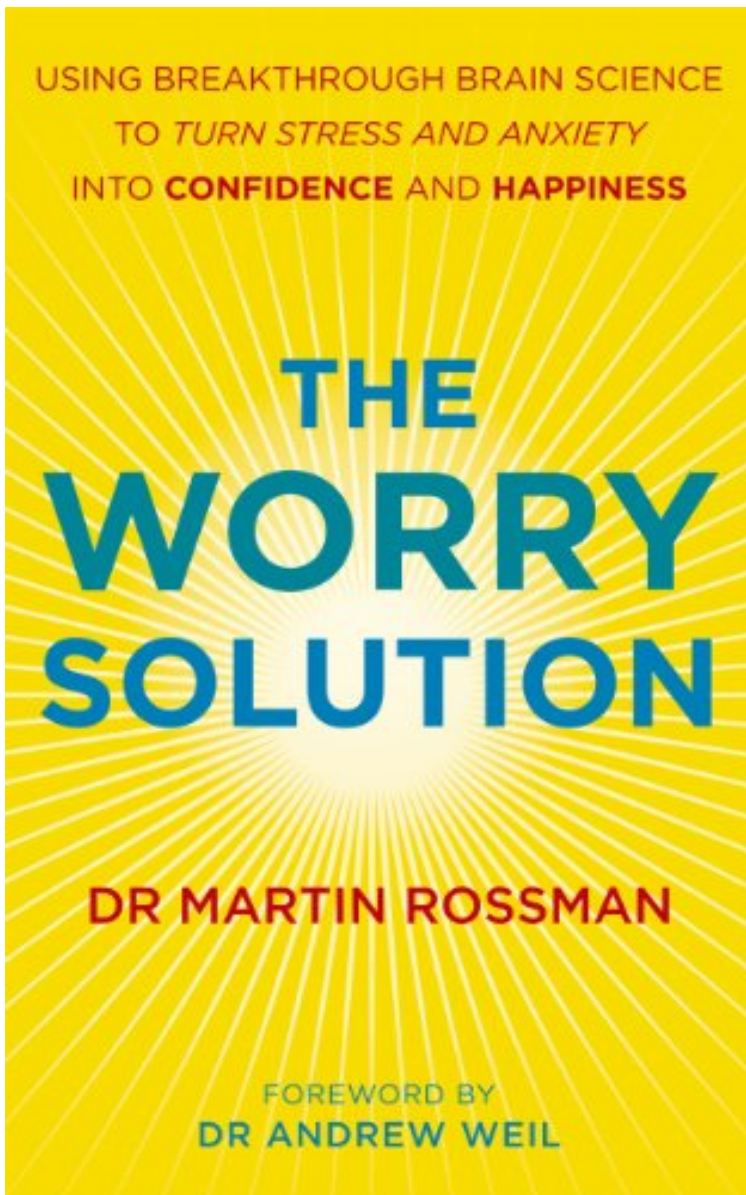


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The Worry Solution: Using breakthrough brain science to turn stress and anxiety into confidence and happiness



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Solution teaches you how to relieve stress and anxiety by training your imagination. Using the very latest findings from neuroscience combined with simple techniques, this acclaimed guide will help you re-programme the conversation between the thinking and feeling parts of your brain. Discover how to significantly reduce worry and anxiety, and enhance your confidence and happiness for the rest of your life.

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