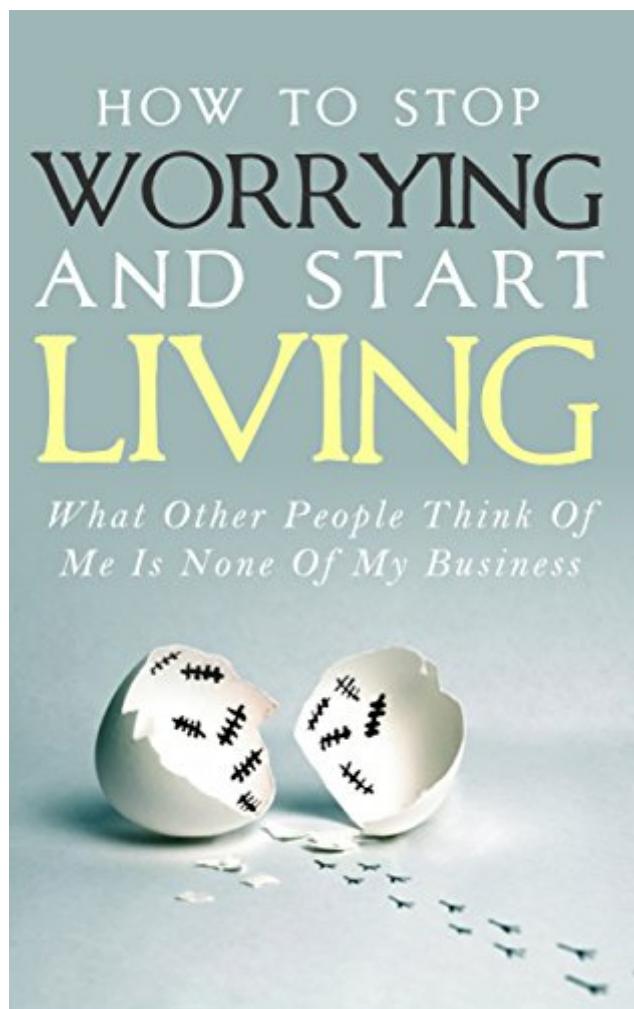


The book was found

How To Stop Worrying And Start Living - What Other People Think Of Me Is None Of My Business: Learn Stress Management And How To Overcome Relationship Jealousy, Social Anxiety And Stop Being Insecure





Synopsis

Stress is a lot like love â€“ hard to define, but you know it when you feel it.>>> 16 ADDITIONAL BOOKS INCLUDED IN THIS BOOK! LIMITED TIME OFFER!

Book Information

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Customer Reviews

This little book gives great advice and tips for dealing with anxiety/stress/worry. I have struggled with anxiety for many years and have visited various counselors during that time to help me find healthier ways to deal with it. Almost every single technique that the counselors have given me to help counter my worrying are contained within this book. I have tried many of the suggestions in this book and I can tell you from experience that they really do work if you do them regularly. By learning to control your thoughts and deal with negative feelings, you can in a sense "retrain" your brain to think more positively and to keep a calmer head even during stressful times. This book provides psychologically sound ways to deal with the increasingly stressful world that we live in. Would highly recommend for those who want to bring more peace and calm into their life.

If negative stress takes up a big part of your life, as it has in mine, this book will be of tremendous help to you. Everything can seem quite overwhelming when put under a lot of stress, and eventually itâ™ll come to the point to where nothing seems worthwhile anymore. As Iâ™m sure many others have already said, stress will make itself known in many (if not all) areas of life. Iâ™m so thankful I got my hands on this little book. It made me realize so much about myself that I wouldnâ™t have been able to see before. It was as if the book put everything in perspective and therefore allowed me to look at my present situation in an unbiased light. The way that the author wrote really had a way of opening up for the possibilities and what can be done, rather than focusing on the negatives. I feel so much more inspired and energized after having read this book in order to actually make a positive change in my life. I know Iâ™ll eventually get to a place where stress is no longer the one holding the steering wheel, but I am. One step at a time. If youâ™re feeling stressed out and overwhelmed too, this book will give you the necessary tools and inspiration to make that change, the change that only you can make.

This is my second book from this author and I must say that I'm enjoying the type of books he writes. I think we all need to stop worrying particularly on things we cannot control and it may sound simple. After reading this book it actually is very simple to stop worrying and start living. If you are on constant stress, then I definitely recommend this book because you could definitely benefit from the principles inside.

I have struggled with anxiety for most of my life and have read many books with advice for those in my situation. Up to this point, very few of them have connected with me and actually helped me. Simeon Lindstrom's "How to Stop Worrying and Start Living" however has really made an impact. For such a small price this book has made a large improvement in my day-to-day life. Thanks!

This is one of the best book I have read so far this far. This book is worth more than its price. Very well written book and indeed very helpful. The author explains and layout the whole thing step-by-step in easy to understand language that everybody will understand. The author has put extra efforts in writing such a masterpiece. I appreciate the author's efforts for producing such a high quality book on the topic. I highly recommend this book to everyone.

This is a book I should have read a couple of years ago when I viewed myself and my accomplishments through the eyes of others. It certainly would have speeded up the process of

becoming who I am now. It is an illusion to be 100% stress free. But if you need a guide, do read this book!

My life as a nurse is packed with stress. And as a nurse, you'd think we'd have the answers to handle our stress. Well, in my opinion, pills are not the answer. That's why I'm glad I picked this book up because... it comes with a more holistic approach to handle all types of stress (emotional, physical, etc.). Plus, it comes with practical tips and not a bunch of fluff. Recommend for people who know their lives are not as peaceful as it should be.

I don't know how this book has so many five star reviews. The cover has no author name. The book itself is a whopping 60 pages (and conveniently devoid of page numbers). It looks like this was put together in someone's home. The advice is incredibly generic and looks mostly copy and pasted from a basic stress section of a health website. I could probably find better advice from wikihow. I am baffled how such common sense advice could garner so many good reviews. Very suspicious. I think the worst is that the author has the nerve to charge \$19.99 for this, with advice like get a pet, exercise, and eat right. Each "in-depth" chapter is about 3-4 pages long and looks to be written with MS Word. Don't waste your money. I will be adding a video so you can see for yourself and I am returning this. Thanks for the added stress!

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