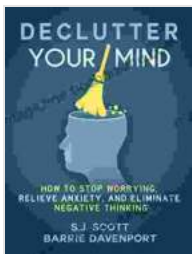


How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking

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Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking by S.J. Scott

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1400 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 157 pages
Lending	: Enabled



- Identify the root of your worries and anxieties
- Challenge your negative thoughts
- Develop coping mechanisms for dealing with stress and anxiety
- Live a more positive and productive life

This book is based on the latest research on worry and anxiety. It is written in a clear and concise style, and it is full of practical advice that you can start using today.

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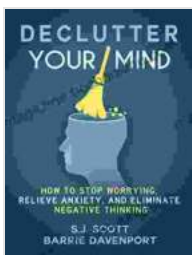
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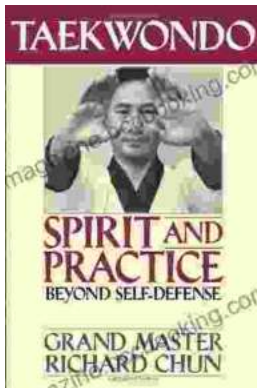
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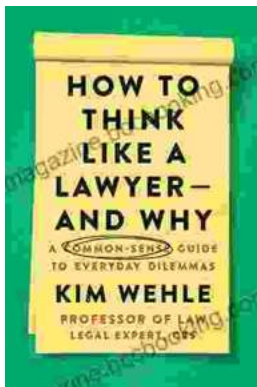
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