



What If.: How to Kill Worry and Anxiety Before They Kill You

By Caleb Suko

Dovare Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Did you know that excessive worry and anxiety can lead to real physical problems like memory loss, a weak immune system and even heart attack? Worry isn't something you can afford to ignore, it's dangerous and if you don't take care of it it really could kill you! In this book Caleb takes you beyond the outward symptoms of worry to understand its root causes. He shows you that worry isn't just an annoying personality trait. It's a problem that must be dealt with at the heart level, the longer you let worry go on the more damage it will do in your life and the lives of those around you! Thankfully there is a way out! Caleb doesn't offer superficial tricks or temporary fixes! These are real solutions that you can put to practice now and reap the benefits from for years to come! This book will open your eyes to the shocking truth of what worry really is and where it comes from. It will expand your understanding...

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