

## [THE WORRY CURE](#)



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About The Worry Cure. The comprehensive approach to help you identify, challenge, and overcome all types of worry You wish you didn't spend as much time worrying as you do, but you just can't seem to help it.

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The Worry Cure Mathew 6:25-34. Introduction. One day I had taken my son Sebastian to a park to play. At one point while we were at the park I was repeatedly throwing him in the air and catching him just before he hit the ground.

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### **The Worry Cure Audiobook by Robert L Leahy Audible com**

The author explains what worry is, steps to decrease worry and also some practical real life examples of reasoning out instances of worry. I wasn't magically cured from worry but I now understand it better and have some great tips to help me work at curing my worry.

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