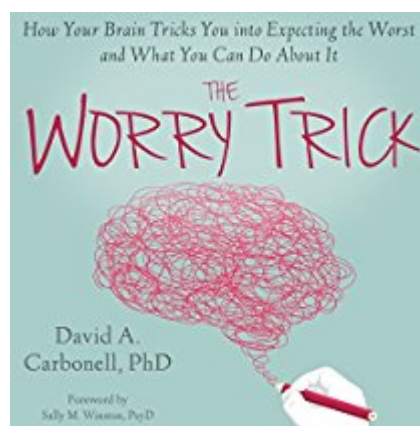


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Customer Reviews Most helpful customer reviews 89 of 93 people found the following review helpful. Great book By SaulK I love this book. The key to ending worry and anxiety suffering is to stop fighting and let those feelings be there. That might sound crazy, but it's true. The book explains how a natural function of the brain is to scout for/imagine danger so that it can be avoided. That's what brains do. Genetics and training (doesn't matter which--so don't obsess about figuring it out) makes some people do this even more than others. The important part is to learn that if one does have a brain so inclined that the more one fights it, the more the brain is going to fight back and the

worse the situation will get. One must accept "oh yeah, there's my brain doing its anxiety thing" and then go on with life without trying to make it go away. The paradoxical truth is that then there is the greatest chance that it actually will go away. Nutty but then constant worry is a nutty thing. This book can cure it. You'll still worry, but you'll understand what's happening and not let it ruin your life. Frees up lots of space to live and enjoy, rather than obsessively seek perfect mind control--which cannot happen because of the design of the mind. 148 of 162 people found the following review helpful. This book is for those who worry that an improbable event(s) will occur. I dont. I worry about regular stuff. By Bryan 4 stars for amazon service which is always consistent. As far as this book, It wasn't for me. The purpose of this book is to help those who suffer from worrying about improbable and unforeseeable events such as being involved in a plane crash or the diagnosis of a rare terminal illness, etc. I worry about real things that have happened and how to deal with my real and present problems which are stressful. This book does not address that kind of worry, so it is not for me. It seemed like a very well written book by a well informed man so I think it would be helpful to those who suffer from this kind of worry. 8 of 9 people found the following review helpful. The best self-help book I've read in a long time and ... By Amazon Customer The best self-help book I've read in a long time and I read a lot of them! Very well written and has many new perspectives! See all 58 customer reviews...

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