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The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It

David A Carbonell PhD

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Are you truly in danger or has your brain simply "tricked" you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all.

Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavior therapy (CBT), this book is designed to help you break the cycle of worry.

Worry convinces us there's danger, and then tricks us into getting into fight, flight, or freeze mode—even when there is no danger. The techniques in this book, rather than encouraging you to avoid or try to resist anxiety, shows you how to see the trick that underlies your anxious thoughts, and how avoidance can backfire and make anxiety worse.

If you’re ready to start observing your anxious feelings with distance and clarity—rather than getting tricked once again—this book will show you how.

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Dorothy Bernstein:

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Richard Moyer:

In this era which is the greater person or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple way to have that. What you are related is just spending your time not very much but quite enough to possess a look at some books. One of many books in the top collection in your reading list will be The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It. This book which can be qualified as The Hungry Hills can get you closer in getting precious person. By looking upwards and review this guide you can get many advantages.

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