



# Why Worry?: Stop Coping and Start Living

*Kathryn Tristan*

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**Why Worry?: Stop Coping and Start Living** Kathryn Tristan

**Discover practical strategies to permanently overcome stress and worry from a scientist with first hand experience on how to truly thrive.**

*Knock fear out of the driver's seat and take control of your own life through simple, proven strategies.*

There always seems to be plenty to worry about, and worry we do—from nagging concerns to full-blown anxiety. It's time to stop worrying and instead create a more peaceful, powerful, and purposeful life.

Kathryn Tristan's hands-on, solution-oriented book empowers you to break free from constant fear, worry, and anxiety. She shows how to eliminate automatic doomsday thinking and take back control of your own life. This no-nonsense approach draws from a variety of disciplines to offer a comprehensive guide for rewiring your brain that includes restructuring how you think, easy relaxation exercises, simple lifestyle changes, and transformative spiritual practices. Through personal anecdotes and inspiring true stories, including self-assessment quizzes and the latest science, you'll discover the secrets to a worry-free existence, including how to:

- recognize and eliminate inner trash talk and negative thinking;
- create outlook makeovers to slash stress and worry;
- master sure-fire worry busters;
- and discover calm during chaos.

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