

MELT THE WORRIES — AWAY —

FIND YOUR PEACE
& OWN YOUR LIFE



RAY TAYLOR

CONTENT

INTRODUCTION	3
CHAPTER 1: WHAT IS WORRY?	5
HOW WORRY CAN NEGATIVELY AFFECT YOUR LIFE	7
CHAPTER 2: ANALYZE YOUR WORRY	11
CHAPTER 3: REDUCING WORRIES IN GENERAL	16
7 TIPS TO STOP WORRY IN ITS TRACKS	17
CHAPTER 4: FORGET CRITICISM	22
THERE WILL ALWAYS BE CRITICS	24
CHAPTER 5: LIVING A WORRY-FREE LIFE: OH, THE THINGS YOU'LL ACCOMPLISH	27
BONUS RESOURCES	31

INTRODUCTION

“Melt the Worries Away” is a guide to help chronic worriers -- or those who let worry get the best of them at times – overcome the self-doubt and anxiety that worry always causes.

You have to know exactly what worry is and where its roots are located in your particular worry patterns. Within this guide, you’ll learn how to know if you’re a chronic worrier by answering a few simple questions -- and how worrying might be affecting your mental and physical health.

Worry is a form of stress and can lead to GAD (Generalized Anxiety Disorder). An excess of stress hormones when you develop GAD may circulate in your bloodstream and cause a downturn in physical health.

Health problems that you may develop from excessive worrying include muscle tension, aches and pains (including headaches), loss of libido and depression – plus other maladies, which may affect your health long-term.

Your immune system may also suffer and cause you to be more prone to infection. Women seem to worry more than men, and that may be part of the reason that women are more prone to depression.

You may think there’s no way around worry and that it’s impossible to stop, but there are ways to alleviate worry and live a life that will keep you happy, healthy and (almost) worry-free.



Knowing how worry can affect your health and identifying the worry symptoms are big factors in the next step of conquering worry – analyzing the worry so you can reach the best solution for you.

The facts about worry will point you in the direction you should take to eliminate worry from your life forever. A worry journal in which you write down your worries, the times the anxiety began and your thoughts at the time will help you find a solution to the problems that may have haunted you since childhood.

Reducing the symptoms of your worry problems is the ultimate goal of this guide. There are several useful techniques you can use to calm your fears and stop worrying before the anxiety sets in.

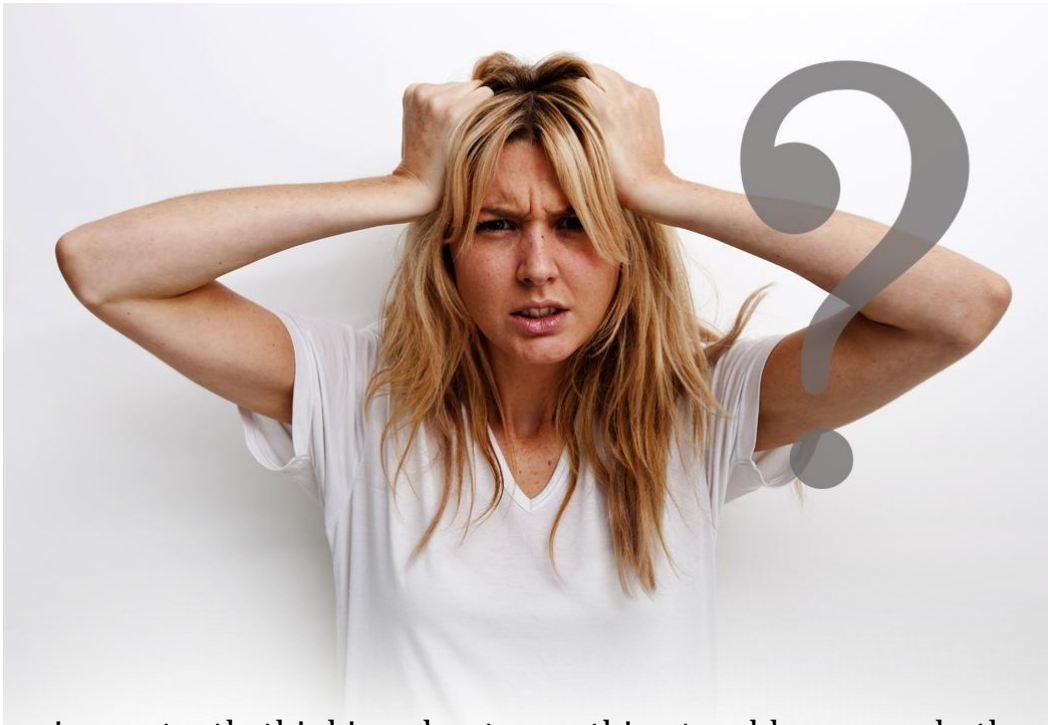
Criticism is always difficult to face and deal with – especially when it comes from those we love or admire. In this guide, you’ll learn how to deal with the worst of criticism and even use it to learn and become a better and more successful person.

When you’re able to get worry under control, you’ll have a new lease on life. Worry is like shackles which keep you chained to a life of uncertainty and doubt. Breaking free of those shackles may open doors that you never expected and your mind will be much freer to concentrate on those issues which matter most.

At the end of each chapter in “Melt the Worries Away” you’ll find a helpful list of the main points of each chapter. You can revisit these points of interest and refresh your memory without having to reread the entire guide.

Make a resolution to stop the worry patterns in your life and begin to live “worry free.”

Chapter 1: What is Worry?



Worry is constantly thinking about something troublesome or bothersome. When worry is taken to extreme, you become non-productive and highly stressed. Sometimes worry can cause such distress that you're paralyzed to do anything about it.

For example, if you're worried about a deadline on a business project you must complete and the date looms nearer and nearer, you may get extremely stressed about the outcome – especially if you've done nothing to bring the project nearer to completion.

You may experience a sort of “paralyzed” state where you're constantly thinking about the project, but are helpless to resolve it. As the stress continues to grow, you may become physically distressed and develop many problems associated with stress.

Sometimes worry can actually encourage you to complete a goal or task or change a bad situation. If you're worried about recent medical tests that

showed you need to lose weight or suffer serious physical consequences, you might plan an exercise and regimen.

If you do nothing about the worry you're experiencing, worry can begin to take its toll in many ways. You may suffer physical aches and pains and your mind may be so focused on the worrying that you can't concentrate on how to solve the problem.

People who constantly worry about situations – real or not – are sometimes called, “worrywarts.” Webster's Dictionary defines worrywart as, “a person who tends to dwell unduly on difficult or troubles.”

You may be a worrywart if you can answer “Yes” to most of the questions below:

- Can you see a difference in the things you worry about than what most people worry about?
- Do you often find yourself mired in a situation that you can't find a way out of?
- Do you worry so much that you find it difficult to relax?
- When things are going well for you, do you find yourself looking for something to worry about?
- Do you worry almost constantly about a catastrophic event happening?
- Does worrying cause distress in your everyday life?
-

It's normal to be worried sometimes, but most people can shake the worry and enjoy life. Others find it so difficult to quit worrying that it begins to affect every area of life – job, relationships, physical and mental well-being and more.

How Worry Can Negatively Affect Your Life

If you've determined you're a worrywart because worry is interfering with your life, you should know the ways that worry can negatively affect your life and cause problems far worse than mental anguish.

When you worry to the extent that it interferes with your daily life and the worry becomes exaggerated or unfounded, you may be suffering from GAD (Generalized Anxiety Disorder).

GAD is usually an ongoing, rather than a temporary type of tension that occurs when you worry excessively and suffer more anxiety than most people. You may be worrying about health, relationships, work, money or a number of other matters – even if there are no reasons to worry.

Most people with GAD know that what they're experiencing in the way of anxiety is much worse than the situation calls for. You can't seem to shake off the feeling of impending doom.

If you're suffering from GAD, you may suffer from sleep disorder, anxiety attacks and have trouble socializing. Physical symptoms might include headaches, tense muscles that lead to pain, shaking or twitching or excessive sweating.

You may have shown symptoms of GAD during childhood or adolescence, but it can occur at any time during adulthood – often triggered by a traumatic or stressful situation. It often comes on gradually and affects more women than men.

Worry can affect both mind and body in the following negative ways:

- **Circulate more stress hormones in the bloodstream** – When stress hormones circulate in your body for a long period of time, a toxic effect occurs. The stress on the glands, heart and nervous system may lead to such health problems as ulcers in the stomach, stroke and heart attack.
- **Cause muscle tension which can lead to aches and pains** -- When you're anxious or worried, your body tenses in response (similar to the "fight or flight" feelings). This tension can weaken your legs, causing shaking sensations, cause back pain and headaches. You might also suffer from diarrhea or constipation from the muscle tension.
- **Disturbs focus on any task at hand** – Worry about a deadline makes it very difficult for you to concentrate on the project and get it done. Your peace of mind is shattered and the negative thoughts permeate your brain and shut it down except for the worrying thoughts.
- **May lead to depression** – Letting worry take the forefront of running your life may lead to depression that's difficult to shake. You could even

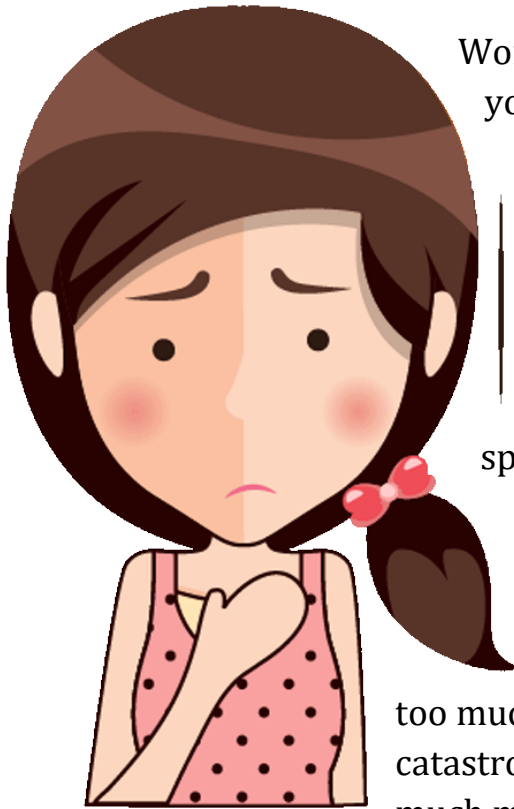
become paranoid about other people in your life and feel sorry for yourself most of the time.

- **Changes or loss of libido** – When you worry, it's difficult to let your mind and body relax enough to have enjoyable sex. Your health may also suffer and be a deterrent to fulfilling sex.
- **Your immune system may suffer** – Your immune system is important to fight infections and diseases. Science has proven that anxiety and stress lowers the effectiveness of your immune system – two side effects of excessive worry.
- **Unable to absorb vitamins and nutrients** -- When you worry, you're likely to become neglectful of diet and exercise. This can speed the aging process in your body because you become dehydrated and your muscles and brain aren't receiving what they need to work properly.
- **Insomnia may affect your health** – Lack of sleep is one of the most serious side effects of worry. Insomnia leads to even more worry about not getting enough sleep – and on it goes, becoming a vicious and unhealthy cycle.

You may think there's no way around worry and that it's impossible to stop, but there are ways to alleviate worry and live a life that will keep you happy, healthy and (almost) worry-free.

Chapter 2: Analyze Your Worry will help you discover what's causing your inability to deal with worry on a daily basis and help you find solutions to those obstacles.

Main Points of Chapter 1: What is Worry?



Worry is a natural response to some situations in your life. Everyone responds to worry

differently – some can shake it off and get on with business and others find it more difficult to let go. Here are some of the main facts you should know about

“worry” and how it can affect your life:

- Worry can either “paralyze” you or spur you on to complete your goals.
- Your answers to the questions in Chapter 1: What is Worry? Can help you determine if you’re a “worrywart.”
- A couple of ways to know you worry too much is if you’re constantly worried about a catastrophic event – and if you notice that you worry much more excessively than most people.
- GAD (Generalized Anxiety Disorder) is a disorder which occurs when you worry on a constant basis. People with GAD can develop physical and mental problems.
- Excessive worrying causes more stress hormones in the bloodstream which can lead to ulcers, stroke and a number of other stress-related problems.
- Worry may bring on serious depression side effects, aches and pains and chronic fatigue.
- Your ability to concentrate on a project or task may be severely hampered by worry and your job and relationships may suffer as a consequence.

Worry can make it difficult and nearly impossible for you to live life to the top of your potential. Unless you take steps to alleviate the constant and complicated worry in your life, you may suffer many physical and mental disabilities that keep you from living a healthy lifestyle.

Chapter 2: Analyze Your Worry

As with any problem in your life that's keeping you from achieving your true potential, you've got to first analyze why you worry before you can develop a healthy solution to it.

One of the best ways to get the facts about how you worry is to keep a journal. Write about what your worries are, when they occur and how they affect you. In a short amount of time, you'll have most of the necessary facts to begin solving your worry problems.

In the journal, be definitive about what the problem is that's making you worry. If it's more than one problem, take them one at a time – and, if possible – as they occur, so you'll see the time of day and a possible trigger of the worry.

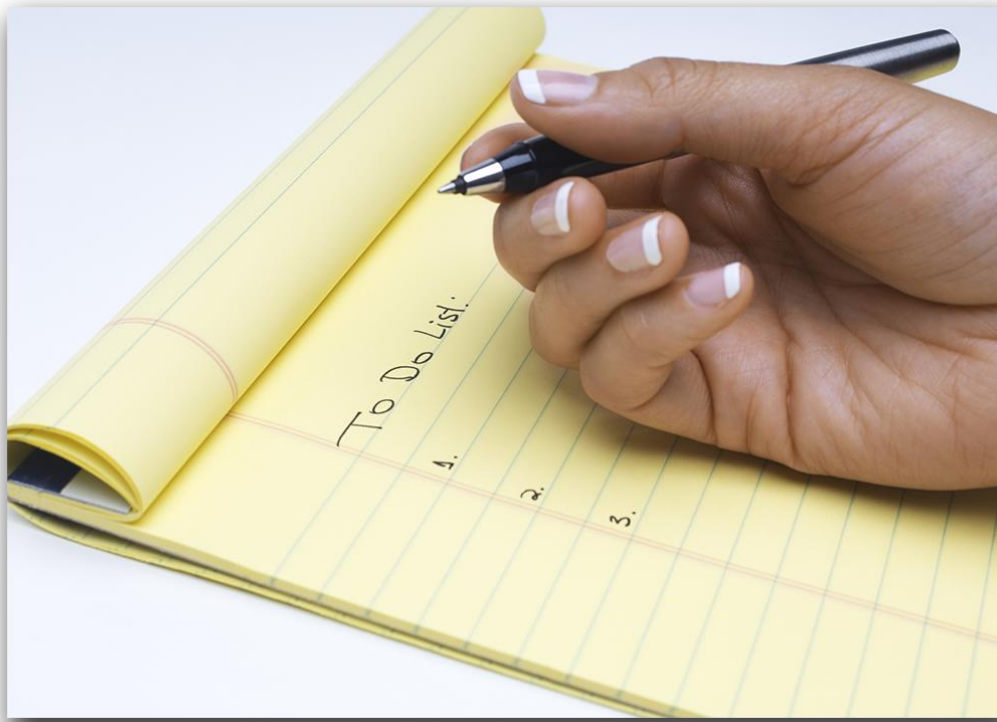
You'll likely begin to see a theme or pattern in the nature of your worries. For example, you may be overly tense and concerned about a child who has just left home and started college. A loss of control over that child can cause worry night and day unless you're mentally prepared for the change.

It's perfectly normal to be anxious or tense over a child moving away from home, but if it lasts for an inordinate amount of time or you begin to lose sleep and develop other physical and mental problems, it's time to seek a solution.

Get the Facts So You Can Find a Solution

After you've determined the cause of the excessive worry pattern, you can take steps to reach a solution. The facts about your worry patterns will likely reveal that you're stressing over problems that may not be as awful as you think.

When you get into the “worrywart mode,” you begin overanalyzing problems and some people even have panic attacks from worrying to excess. Many times, the panic attacks occur over no root cause whatsoever and the person experiencing the attack has no control.



Journaling about the facts of your worry patterns will help you find the causes behind the excessive worry and consider solutions to the problem. When you begin the journaling process, be sure to include as much as you can about your feelings and how the worry affected you at the moment.

Here are some worry issues you should be sure to document in your journal:

- **Are you projecting your worry into the future?** If you're worrying about things which haven't yet happened, your worry may be futile.
- **What exactly are you worrying about?** Write down the themes of your worries. Are you procrastinating about deadlines until you realize you've reached “crunch” time? Be precise.
- **What are your major fears and anxieties?** Jot down the various problems that you know you worry about. Then, categorize them

according to broader issues such as health, relationships, career and financial.

- **Are your worry patterns centered on issues from the past or that you have no control over?** You may be stressing about a missed opportunity that you had in the past to heal a relationship or you may be projecting negative thoughts about something which hasn't yet occurred.
- **Which worries haunt you on a constant basis?** Are there certain issues that you worry about more than others? Write them down and how frequently they occur in your thoughts.

After you've made a concentrated effort to write down the highlights of your worry patterns, check to see if there are recurring themes. For example, you may

Be mostly concerned about a relationship or financial worries may be a constant source of angst.

If you prefer to record your thoughts on the computer, there are applications such as "Worry Watch," which is a journal application designed to help you keep track of your worries. It's simple to use and is password protected. You can download the application on your phone and use it when you're away from home.

Only when you gather the facts, which are causing your worries, can you begin to find solutions. After you've gathered the facts you can begin to weed out the worries by weighing possible solutions and figuring out which is best for you.

Chapter 3: Reducing Worries in General delves into self-help techniques you can use to get your worry patterns under control and provides some useful tips to stop the patterns of worry and get on with your life.

Main Points of Chapter 2: Analyze Your Worry

Unless you know why you worry, it's impossible to find solutions to the negative patterns. Chapter 2: Analyze Your Worry provides useful ways to help you better see the solutions at hand. Some main points of Chapter 2 you



should focus on are:

- **Keep a “worry” journal.** Be definitive about what’s causing the anxiety and excessive worry in your life.
- Know that some worry is perfectly normal. If you don’t have a job or any savings you’ll naturally be worried about keeping a roof over your head and food in your stomach.

- **Most worry issues can be dealt with.** You may be overanalyzing your problems and causing excess worry. Panic attacks can occur over absolutely nothing.
- **Include as much information about your worry pattern as you can.** When you begin to write down your worries and when they occur, you'll see an emerging pattern. Be very specific.
- **There are online apps that can help.** "Worry Watch" and other journaling applications can be downloaded onto your computer or mobile device to help you get instant access to a way of recording your momentary worries.
- **Categorize your worries into topics such as financial, health, family and job.** When you search for a solution to your worry problems, you'll be able to quickly see what your worry focus involves.
- **Some worries never leave your mind.** Worry about some issues is never far away from your thoughts. Some of these issues haven't yet occurred.

After you've gathered the facts about your worry patterns from your journal entries, you're ready to attack the root causes of the problems and find solutions.

Chapter 3: Reducing Worries in General

There are quite a few techniques which could result in solutions to your worry issues. The facts you gathered by journaling will serve as the catalysts that will help you choose the best technique for your own problems.

The shift that must be made when attempting to reduce worries is moving from projecting yourself into a (negative) future to living in the moment. Worries are focused on what's going to happen rather than engaging in what's happening now.

Once in a while, our worry patterns take us into the past where we remember moments that reinforce why you worry. For example, you may have lost a job because of procrastination. Now, you're worried that the negative habit is going to jeopardize your present job.



If you're in a downward spiral of worrying, it may be very difficult to stop. The reasons you worry may be varied, but most often they originate from positive and negative beliefs about worry.

For example, positive beliefs may make you feel that worrying keeps bad things from happening. You may even believe that constant thinking (worrying) about a problem could lead to a solution.

Negative beliefs may make you think that worrying is going to eventually take its toll and affect your health or your mental well-being. You may also feel there's no way out and that you'll never be able to stop worrying.

Either belief pattern – positive or negative – can lead to difficulty in breaking the habit of worry. It can be especially difficult if you actually think that the positive aspect of worrying is keeping you from harm.

It's difficult to be productive and enjoy life if your thoughts are dominated by worry. Read on to discover some useful techniques for stopping your worry habit before it takes over your life.

7 Tips to Stop Worry in Its Tracks

When your anxiety and worry seems to have no solution and you feel as if you've lost control, it's time to take decisive action to prevent the worry habit from causing physical and mental harm.

You may have tried talking to yourself about how futile worrying is – or you may also have tried distracting yourself. Nothing works and sometimes what you try makes the worry even more persistent.

Some of the tried and true techniques which may lead to solutions for worry include self-help and professional therapy. Self-help techniques provide you with tools you can use to force negative and worrisome thoughts out of your mind.

Below are some worry-busting tips that may help in your quest to avoid the anxiety that worry brings:



1. Give yourself a specific time to worry – This technique may seem contrary to avoiding worry, but trying to stop worrying by avoiding certain thoughts sometimes makes you focus more on the thought.

Postponing your worry session to a certain time means that you're giving yourself permission to worry – but at a later time which is chosen by you. You're in control. As you continue with this method, you'll begin to realize that you're more in control than you thought.

2. Know that uncertainty is an inescapable part of life – Worriers tend to be unable to tolerate uncertainty or doubt about any situation. They want to be able to predict an outcome and prevent bad things or outcomes from happening.

3. Be present in the moment with your worry –When you worry, you're focused on future happenings. But, when you become mindful of your worries about the future, you focus your attention back to the present time.

This technique lets you observe your worry pattern as it's happening and choose to let them go. It helps you acknowledge the anxiety you're feeling and observe them from someone in the present rather than the

future.

4. **Evaluate the problem and determine if it's solvable** – Even the act of mulling over the worry problem in your head can distract you from the feelings of anxiety. You're attempting to solve the problem rather than simply worrying about it.

You can ask yourself if the problem is a concrete one – that you're facing right now – or if it's imaginary (a what-if situation). Your concern may be realistic, but if it's imaginary you can prepare to do something about it.

Evaluating your problems help you realize if you're dealing with emotions or a problem you can work on to solve.

5. **Challenge your worries as they appear** – Much of your worry thoughts may stem from what is known as “cognitive distortions.” This means that you're distorting reality in your mind and making it look negative or scary.

Even though you know intellectually that what you're worrying over isn't likely to happen or isn't based on facts, you can't seem to break the habit of these types of worries.

By identifying the worry and challenging its validity, you'll gradually develop a perspective which will help you separate the irrational thoughts from true reality.

6. **Stop the sense of urgency** – Worriers tend to think they must solve a negative problem immediately or something horrible will happen. One of the best methods to combat that sense of urgency is to focus on the present.

To take your mind off the invisible time frame, learn how to turn your focus onto something else – exercise, listening to music or watching a movie are good ways to stop feeling the urgency of worry.

- 7. Learn some mental and physical relaxation methods** – To help you through the most anxious moments of your worry cycle, take some time and effort to learn how to physically and mentally relax by learning certain techniques.

These techniques for relaxation can be as simple as deep breathing or more challenging methods such as meditation, Tai Chi, imagery or muscle relaxation.



The above techniques can only be effective if you practice them consistently. For some chronic worriers, these techniques may not work because you've gotten to the point of being a chronic worrier.

Professional therapy may be necessary if your worry patterns have progressed to the point where you can't function properly within a job, relationship or other major areas of life.

Main Points of Chapter 3: Reducing Worries in General

After you've analyzed your worry patterns and know how and why you worry, you're ready to begin finding solutions to the issues. Some worriers find that adapting self-help techniques designed to relax the mind and body are sufficient to quit the worry routine. Others may need professional therapy.

Below are some main thoughts you should focus on to help reduce your worries.

- **Many worries come from past experiences.** If you've experience trauma or anxiety in the past, it's normal to remember these moments at times and worry that the same thing may happen again. Shifting your thoughts to the present may be difficult to stop.
- **Worries also stem from thoughts of the future.** You worry about what's going to happen. It's a cycle of "what ifs" that can leave you tired and anxious about the future. Again, it's necessary to learn how to remain in the present moment.
- **Decisive action is the only way to prevent worrying consequences.** This is the most difficult thing to do for most chronic worriers. You just can't seem to let go of the worry and take steps to correct the problem.
- **There are some specific actions you can take to stop the worry pattern.** For example, you can choose a time span to devote to worrying. That makes it easier to turn off the worry at other times of the day – knowing you're going to have time to worry later on.
- **Stop distorting reality by challenging your worries.** Ask yourself if you're distorting the reality of a situation in your mind and that's making you feel more anxious. Cognitive distortions are worries that you know (intellectually) are ridiculous, but can't shake off.
- **Be mindful about your worry pattern.** For example, when you worry you tend to focus on the future (what might happen). Being mindful of that can focus you back into the present moment and helps to downgrade the actual problem.

Chapter 4: Forget Criticism

“When we hate our enemies, we are giving them power over us: power over our sleep, our appetites, our blood pressure, our health, and our happiness.” **Dale Carnegie, How to Stop Worrying and Start Living.**

Naysayers will always be around – criticizing you and making you doubt yourself and your choices. Unless you learn how to handle criticism from others you may become a chronic worrier and focus too much about “what



others think.”

As the quote from Carnegie says, if you give in to hating and worrying over the criticism, you’re relinquishing your power and your health – and they win. It’s important that you become aware of how other people’s moods or words affect you.

Studies prove that emotions are highly contagious and that catching a negative mood or emotion from someone is as easy as catching the flu bug for some. Those who have been raised by overprotective, criticizing or a home atmosphere that was filled with worry and high tension are more apt to worry than those who come from more nurturing and positive environments.

There's also a distinctive biological element in chronic worriers. But, if you came from a family of worriers, critics and non-consistency, you may have feelings that the world is unsafe and become a worrier yourself.

Women, especially, seem to take criticism harder than their male counterparts. Guys seem to be more able to shrug off criticism, while women blame themselves more for goals not reached or ambitions not achieved.

While no one enjoys criticism, it is a fact of life and something we need to learn to deal with. When you're criticized and feelings of anger and doubt begin to permeate your mind, try to keep the following facts in mind:

- **The criticism may be a disguised complement.** You may have aroused jealousy or other emotions in someone.
- **Criticize yourself.** Somehow, criticizing yourself helps you see that you're not perfect – and that others have the same flaws.
- **Learn to deflect criticism from others.** As you become successful, there's going to be more criticism about what you're doing. Keep your successes in mind and bask in the positive rather than the negative.

Ezra Pound, acclaimed American poet and critic, once said: "Pay no attention to the criticism of men who have never themselves written a notable work." That quote could apply to anything – from losing an election, writing a book or raising a child.

There Will Always be Critics

Criticism is a fact of life – so you must learn how to respond to it with dignity and detachment. It’s a life skill that will keep us from experiencing the devastating consequences of excessive worry to our physical and mental health.

When you learn how to deal with criticism, the critics in your life will no longer matter. That includes yourself – because you can always become your own worst critic if you don’t have the skills to cope with it.

When you’re faced with criticism in your life, keep in mind the following tips to deal with it:



- **Ask yourself what you can learn from the criticism** – There may be some truths within the criticism, even though it may be hurtful. Look at it carefully and learn what you can about yourself.
- **False criticism should be ignored** – Anger or frustration can cause others to lash out with false criticism aimed at making you worry or feel badly. But, when you remain detached and unresponsive, the person and the criticism are seen as insignificant.
- **Stay away from people who criticize and make you feel anxious** – Stress and anxiety can

come from many directions, including family and friends. You may want to address the problem with them and tell them how it makes you feel, ban certain topics to converse about or seek other relationships.

- **Only confide in those you feel comfortable with** – Everyone needs someone to confide in, but choose your confidante carefully. If someone makes you feel anxious after confiding, seek out someone else who will help you gain perspective of the matter.
- **Don't take criticism personally** – Not everyone can agree on what constitutes criticism. One person may think he or she is being helpful to tell you that your role in a play was awful or that they hate your new hair style. She may never know that she's deeply hurting your feelings and causing stress and worry on your part. Try not to take all criticism personally.
- **Be gracious** – If a person is criticizing you to your face, put on a smile and detach any emotion of anger that you might feel. Smiling rather than confronting will serve to make you the “better” person and will lessen the impact of the criticism.

If a person has criticized you to others (on social media, for example), it's best not to respond immediately. Your pride is rightfully injured and you need time to sort out your feelings so you can respond in a calm manner – or not respond at all.

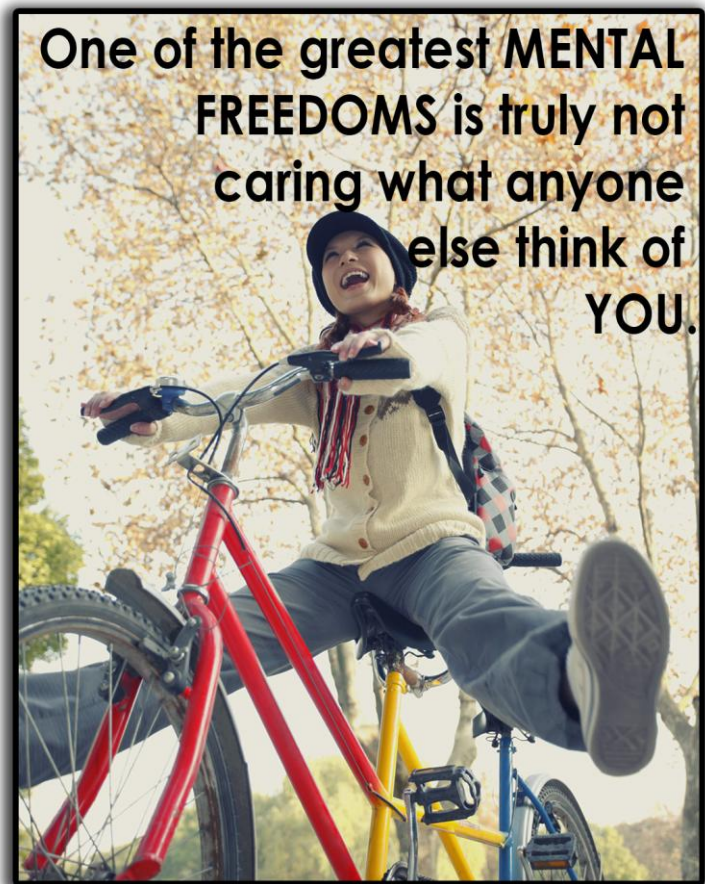
Sometimes silence is the best response you can have to criticism because it shows that you give it no credence. If you do decide to respond later on, you can do so calmly and more prepared.

Main Points of Chapter 4: Forget Criticism

Unless you live on an island or on top of a mountain by yourself, you'll always experience criticism in your life. And, even if you're by yourself, you can still suffer from your own criticism. Chapter 4 provides some tools for reducing the effects that criticism may have on your life.

- **Emotions are contagious.** When people criticize you and you take it personally, you're giving them power over you. You can “catch” those negative thoughts as you would a flu bug.

- Women, in general, take criticism more personal than males. Studies show that guys seem to have more of an ability to shrug off criticism than women. Women sometimes blame themselves for negative reactions from others.
- **Learn how to separate negative and positive criticism.** Criticism sometimes comes from a point of jealousy or other emotions in others. Try to decipher which type of criticism you're hearing.
- **Respond to criticism with dignity and detachment.** Taking control of your own emotions is a big and positive step in heading off worry patterns before they happen.
- **Learn from the criticism.** There may be some truths in the message that you can take away and better yourself with. Sometimes criticism hurts most when it's near to the truth.
- **Ignore criticism which is delivered in anger or frustration.** The object of the criticism may be to make you feel bad about something. Ignoring it can put the critic off guard and end the criticizing.
- **Don't take criticism personally.** Most criticism is subjective and every situation may be viewed differently by a host of people.



The best route to take when someone openly criticizes you is to take your own time to respond – or not to respond at all. There will always be critics. Take steps now to be able to deflect the criticism and see it for what it is.

Chapter 5: Living a Worry-Free Life: Oh, the Things You'll Accomplish

Worry can become a “way out” for some people. If you’re constantly making excuses for yourself about not being able to reach goals and accomplish what you’d like out of life because you’re too worried about other things, you may be reluctant to give up the cycle of worrying.

Perhaps you feel that it’s futile to try and quit worrying. After all, you have a mortgage, at least one car payment, kids and a job that all make demands on your time and efforts.

Worrying gives you the excuses you need to stay away from challenges that could propel you to greatness. It also takes up valuable time and energy that you’d otherwise be spending on accomplishing something you’ve always wanted.

“The Law of Attraction,” a best-selling book written by William Walker Atkinson, states, “Worry is the child of fear. If you kill out fear, worry will die from lack of nourishment.”

The truth is that worry has never helped anyone reach their life’s goals and actually creates impassive roadblocks to a successful future. Fear and worry must be overcome before you can ever work successfully toward your goals.

Worry perpetuates worry. If you’re a worrywart, you should know that worrying doesn’t solve your problems, but it does sometimes create new ones. For example, if you have a project deadline and can’t clear your mind to work on it because those negative “worry” thoughts keep interrupting you, you’ve created a new problem – what’s going to happen when you miss the deadline?



When this happens, it's as if you've been kidnapped by the worrisome thoughts. Nothing gets done and you remain in a state of fear until the inevitable does happen.

Living a Life Without Worries

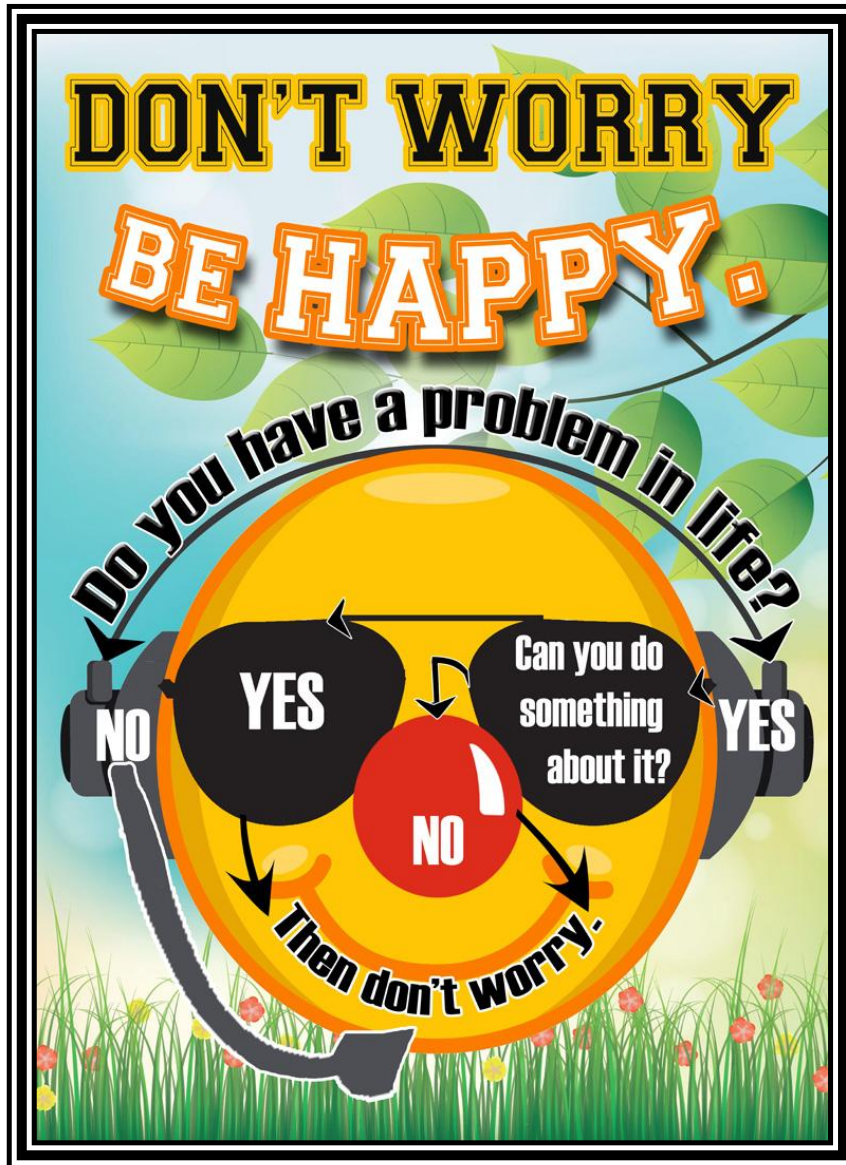
When you successfully incorporate tools to stop worrying in its tracks, you can begin to live a life that's relatively worry-free. It doesn't mean that you're never going to worry again, but it does mean that you can begin to enjoy life

more and accomplish what you set out to do without the nagging negative thoughts of worry.

A life free of chronic worry has the following characteristics:

1. Free of chronic aches and pains, digestive problems, fatigue and depression.
2. Belief in yourself – that you do have the ability to learn new skills and the confidence to carry through on your goals and ambitions.
3. Peaceful sleep. A good night's sleep, free of waking in a cold sweat with worry in the middle of the night can do wonders for your day.
4. Eliminate uncertainty in your life. Because your mind is clearer, you can see things and problems for what they are and get the answers you need.
5. Know how to use “productive worry” to get your act together rather than useless non-productive worry which leads to accomplishing nothing.
6. Learn how to accept that there may be bad outcomes to certain situations, but you can learn from these outcomes and give yourself another chance.
7. Gain control of your own actions in every situation. Each and every situation is different and some outcomes will be negative while others are positive. Only you can control your reaction.
8. Learn how to let go of worry when it's infiltrating your mind and making you anxious. You may use various techniques or just one method that works for you. For example, Tai Chi may work for some, whereas setting aside a certain amount of time designated just for worrying may work for others.

Worry is an epidemic that affects most of us every day. It causes doubts and fears and keeps us from accomplishing all we can with the life we were given. Take the techniques and information offered in this guide and begin today to rid yourself of worry once and for all.



Bonus Resources

The most important muscle in your body?

Pop Quiz: The #1 muscle that eliminates joint & back pain, anxiety & looking fat.



Is it...

- a) [Abs](#)
- b) [Chest](#)
- c) [Glutes](#)
- d) [Hip Flexors](#)

A safe and effective way to reduce your weight.



The 3 Week Diet

Lose Up To **21 Pounds**
In Just **21 Days!**

START NOW!

Keep forgetting? Supercharge your memory skills here.



Natural way to care & heal your body.



Discover your true calling, and get paid for it.



Claim this powerful torchlight for free (just pay shipping).

