



53 WAYS TO TURN WORRY INTO CALM

Stop Worry And Take Charge Of Your Thoughts

Welcome!

Do you worry a lot? Worry doesn't just get in your head; it gets under your skin. Worry has a way of stealing your thunder, keeping you from accomplishing your goals, and sometimes even feeling unenthusiastic about your dreams. When that worry begins to keep you from functioning in your everyday life, now we have a serious problem.

If you think this experience is unique to you, you're wrong. With 38% of adults worrying at any given time, this means one in three people you meet is troubled by something. Given very few people worry all the time, this means it's safe to assume that just about everyone worries, at some time or another.

This book is not meant to diagnose your worry. It is here to help you gain control of the overwhelming thoughts that are leading you to worry. The answer lies in paying attention to worry. In this book, we'll look at worry, starting with how it negatively impacts us in so many ways.

From there, we'll explore some steps to deal with fear in general. You may not think so now but you can control your level of worry and live a more enjoyable life without your familiar but unwanted friend, worry. Let's take a closer look at worry.



To Your Success!

Kevin Davis

1



The Effects Of Worry On The Brain

What is worry? It is a compulsory feeling of uncertainty about a situation, event or action that needs to be managed or controlled for a pleasant outcome to be reached. It's a projection of possible outcomes that may or may not happen. Most of time they don't play out as imagined but the feelings experienced mentally and physically seem otherwise.

You've probably experienced some of the ill effects of worry, starting with the obvious—such as headaches or upset stomachs. But the effects don't stop there. You're going to find out worry creates so many adverse effects, starting with mental distress and then moving through your body, ending in inaction as difficult to wade through as quicksand.