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WHY WORRY?: STOP COPING AND START LIVING



Atria Books/Beyond Words. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.3in. x 5.4in. x 0.7in. Knock fear out of the drivers 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. Its time to stop worrying and instead create a more peaceful, powerful, and purposeful life. Kathryn Tristans hands-on, solution-oriented book empowers you to break free from constant fear, worry,...

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- Authored by Kathryn Tristan
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