



The Sheldon Short Guide to Worry and Anxiety

Frank Tallis

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Sheldon Short guides let you grasp the essentials in less than an hour! Worry is a useful biological response to adverse circumstances, which can sometimes get out of hand. While the anxiety response primes us for action, too much becomes counterproductive. This easy-to-read manual explains how to understand and control your worry, and make the brain's warning system work for you.

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