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# KICK THE WORRY HABIT!

For many of us, worry is a habitual pattern that has been with us for a long time. Although worry always produces unease in the mind and body, it can be so "automatic" that we barely notice it (until it is out of control).

This E-Book puts "worry" under the microscope and examines the awful toll it has on the mind, body, and spirit. It investigates the physiological changes that occur within the brain, as well as how worry affects our health. It also debunks the myths that surround worry and provides powerful strategies for eliminating it from your life. Just as worry can become a habit, resiliency can become a habit!

"Worry never robs tomorrow of its sorrow,  
it only saps today of its joy."

Leo Buscaglia, author and teacher



## ABOUT THE AUTHOR

Amy McNeil works as a graphic designer, copywriter, and photographer. In her spare time, she is also a spiritual teacher and self-help enthusiast. She currently owns and operates the web site "In Spirit", a destination for spiritual seekers.

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