



# **The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness**

*Martin Rossman M.D.*

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# The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness

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## **The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness** Martin Rossman M.D.

Our brains are hardwired for worry. While our ancient ancestors had a legitimate use for the fight-or-flight instinct, today what was once a matter of survival has become the stuff of sleepless nights and anxiety-filled days. At its best, worry is a way for us to turn over and solve a problem in our minds. But for many, worry becomes a negative cycle of unnecessary suffering. Now, based on cutting-edge brain science, Dr. Martin Rossman has developed a program to help you break the worry cycle—and transform worry into a positive force.

In *The Worry Solution*, Dr. Rossman gives you an easy-to-follow plan for taking control of your reactions to stress and anxiety. Using proven clinical techniques that harness the very power of imagination that creates worry and stress, you will learn the five basic skills that will help you to clarify your worries, sort them into those you can and cannot do something about, and tap the wisdom buried deep within you to help solve problems creatively. At the heart of the program is the use of guided imagery and creative visualization, techniques that invigorate the emotional and intuitive parts of the brain to add to and enhance logical intelligence.

Not only can you start to see a change in your stress levels immediately, but with regular practice, you may literally alter the worry pathways in your brain—and "hardwire" yourself for calmness and clarity. Grounded in cutting-edge science and wonderfully accessible, *The Worry Solution* is a powerful and practical guide to living your best life—healthier, happier, and free from unnecessary stress.

*From the Hardcover edition.*

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