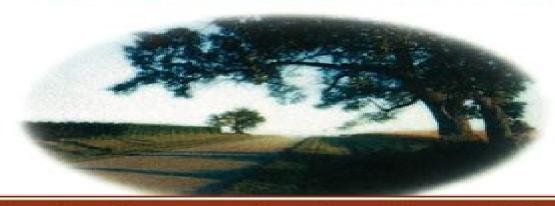
THE WORRY WORKBOK



Twelve Steps to Anxiety-Free Living

LEARN HOW TO ...

- Face your fears and replace them with self-confidence.
- Distinguish between what you can and cannot do.
- Develop safe relationships that bring out the best in you.
- Accept yourself as you are and become an overcomer.

Les Carter, Ph.D. • Frank Minirth, M.D.

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Jiyuan Zhang

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