



The Dutiful Worrier: How to Stop Compulsive Worry without Feeling Guilty

By Elliott D. Cohen

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, The Dutiful Worrier: How to Stop Compulsive Worry without Feeling Guilty, Elliott D. Cohen, Do you feel it's your duty to worry? If your answer to this question is "yes," you may be suffering from a type of compulsive behavior called dutiful worrying. On the positive side, dutiful worrying can make you feel as if you're actually doing something to improve or control your situation. But this unproductive habit eventually robs you of energy and peace of mind and can leave you feeling overwhelmed. The Dutiful Worrier pinpoints why some of us become compulsive worriers and offers a four-step program to end this vicious circle. With this book, you'll: Identify and change the thoughts that propel your worry Learn to make decisions without ruminating about them Overcome feelings of guilt when you don't worry Let go and give up worrying once and for all Complete with self-evaluations and exercises, this book offers guidance for keeping perspective and accepting that you are not responsible for preventing catastrophe. Without the burden of dutiful worrying, you will be able to enjoy life more freely and fully. This book has received the prestigious accolade of being included in "The Albert Ellis...



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