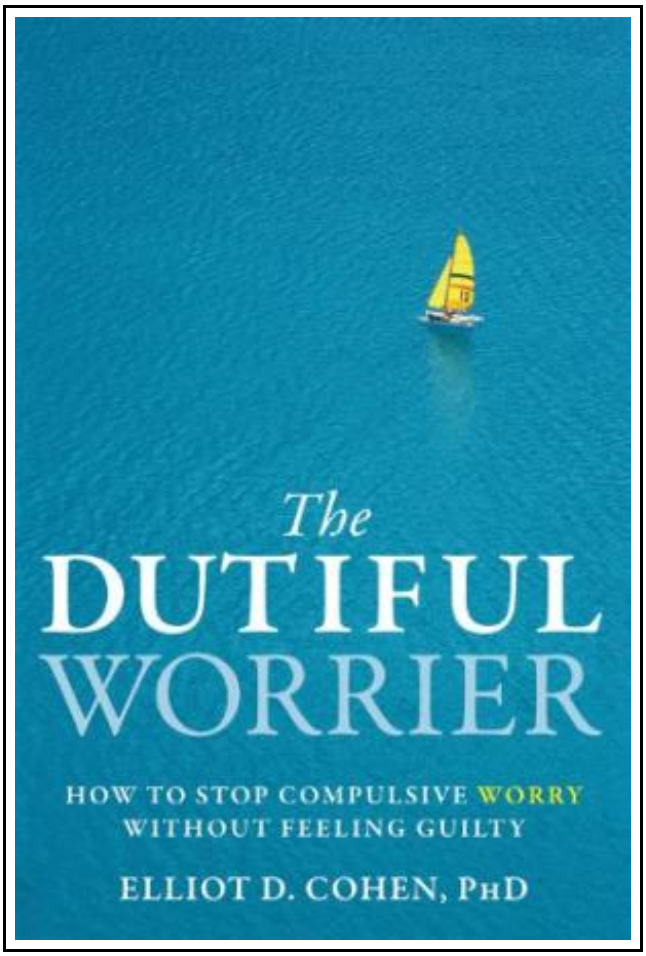
The Dutiful Worrier: How to Stop Compulsive Worry without Feeling Guilty



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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 worryLearn to make decisions without ruminating about themOvercome feelings of guilt when you don't worryLet go and give up worrying once and for allComplete 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 Tribute Book Series"--created to honor the life and work of Albert Ellis, the founder of rational emotive behavioral therapy (REBT). REBT is one of the most widely-practiced therapies throughout the world and is the foundation for cognitive-behavioral therapy and other evidence-based approaches. These books provide proven-effective treatments and tools to improve psychological well-being, while also supporting advancements in psychotherapy for the betterment of humanity.

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