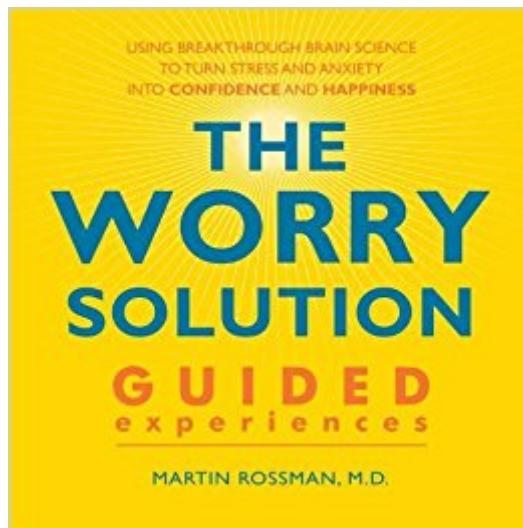


The book was found

# The Worry Solution: The Guided Experiences CD Set



## **Synopsis**

The audio companion to Dr. Rossman's book of the same name will guide you through the eight relaxation and imagery processes he teaches in the book. Buy the book and CD set together for the fastest, easiest way to learn to worry less, but better.

## **Book Information**

Audio CD

Publisher: The Worry Solution, LLC (2010)

Language: English

ISBN-10: 1934022055

ISBN-13: 978-1934022054

Product Dimensions: 5.4 x 4.9 x 0.4 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 4.0 out of 5 stars See all reviews (28 customer reviews)

Best Sellers Rank: #85,860 in Books (See Top 100 in Books) #35 in Books > Books on CD > Health, Mind & Body > General #86 in Books > Books on CD > Health, Mind & Body > Self Help #91 in Books > Books on CD > Health, Mind & Body > Personal Growth

## **Customer Reviews**

The book does have some helpful hints but it is repetitive. Did not appreciate that after paying for the book you would need to separately buy the audio tape for the guided exercises- why not just allow free download of them if you already purchased the book?

Finally, someone who gives concrete reasons explaining how the mind works and how 'worry' is part of that. And then, concrete ways to change things. Really made a huge difference in my life. It should be required reading for this decade and beyond.

As the Nurse Navigator for a large Women's Health Center, I meet with nearly one-third of the women newly diagnosed with breast cancer in Sonoma County, California. For years I have recommended Dr. Rossman's recorded guided imagery materials to my patients. Now his excellent book goes straight to the list of resources I offer my patients and their families.

In the "Worry Solution" my good friend Dr. Marty Rossman will teach you how to move from ineffective anxiety to effective problem solving and a sense of peace. To me, this is the core of

resiliency; learning to peacefully approach life in a thoughtful way. The tools in this book have served me well in my management of my own metastatic cancer. I could worry about dying or live my life fully. Thanks Marty, for putting it all together so eloquently. Lee Lipsenthal, MD, ABIHM Founder of Finding Balance in a Medical life.

Dr. Rossman presents a critical look at worry, anxiety, and stress and shows us how we can channel what we do, how we feel, and how we cope with challenges in our life in a positive and constructive way. He brilliantly convinces us through story, and coaches us through the experience of guided meditation to transform excessive worry into a powerful tool that accomplishes what he terms "worrying well." The Worry Solution, relying on breakthrough neurophysiology and creative new thinking, provides us with a clear and easy-to-understand step by step approach that can change our life from worry and anxiety to peace, joy, and happiness. This is an outstanding book that everyone should read! Well done, Dr. Rossman!

This book is easy to read, understand, and use. I am working on the practices to worry less, take positive action, and live a more creative life. If you will give it a real chance and not take its simplicity for granted, I'm confident you will get a lot out of this book. Suggestion: Fix Small Font and Dark Text Background to improve readability. I really hope a next edition of this very valuable book will be reformatted to upsize the small font size of the main text, and to really upsize the very, very small text font size in the guided imagery exercise boxes. It would also help greatly to remove the shaded, dark background of these boxes. More contrast of a lighter page background to contrast with the black font would make it so much easier to read these important sections.

Excellent book. A step above the normal "how to stop worrying" book. The author explains things in a little different way, making things easier to understand. He also gives relaxation exercises that are very helpful! I would definitely recommend this book.

Excellent cd (and book) for all of us who have worry issues (and worry about worrying). Dr. Rossman's "Guided Experiences" really help, and are especially useful in conjunction with the book. This is standard meditation in some ways, but don't let that put you off. His voice is good, relaxing and soothing. He also speaks about 'positive worrying'.

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The Worry Solution: The Guided Experiences CD Set "Do Not Worry, Do Not Be Anxious, Do Not

Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear Accessible XHTML and CSS Web Sites: Problem - Design - Solution (Wrox Problem--Design--Solution) Martin Luther: A Guided Tour of His Life and Thought (Guided Tour of Church History) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Anxiety Relief: Guided Imagery Exercises to Soothe, Relax & Restore Balance (Guided Self-Healing) Don't Worry, Eat Cake: A Coloring Book to Help You Feel a Little Bit Better about Everything What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) Is a Worry Worrying You? A Perfect Mess: Why You Don't Have to Worry About Being Good Enough for God Pray, Hope, and Don't Worry: True Stories of Padre Pio Book II If I Don't Pass the Bar I'll Die: 73 Ways to Keep Stress and Worry from Affecting Your Performance on the Bar Exam The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears Why Smart Kids Worry: And What Parents Can Do to Help The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks Different Like Me: A Book for Teens Who Worry about Their Parents Use of Alcohol/Drugs The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)

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