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## No Worries (Guided Journal): Write. Act. Turn the Page. (Hardback)

By Robie Rogge

Abrams, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. Do you remember the last time you worried needlessly? The next time you start ruminating, pick up a pencil and follow these steps: (1) Jot down what's on your mind. (2) List a few things that you can do to address your worries. If the situation is truly out of your control, it can be a relief just to acknowledge it. (3) Later, look back your worries and evaluate them in hindsight. Each page has two tear-off tabs so that you can tag the subject as Worth My Worry or NOT Worth My Worry. You'll be shocked to see how often things aren't as worry-worthy as they seem. No Worries is also filled with inspiring quotes and ideas about conquering worries, all set in a bold and empowering design. The package is uplifting, giftable, and holds the promise of lightening your load. Worrying comes naturally to journaling as a topic, but this journal offers a way to redirect your thinking and move on to a more positive place.



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