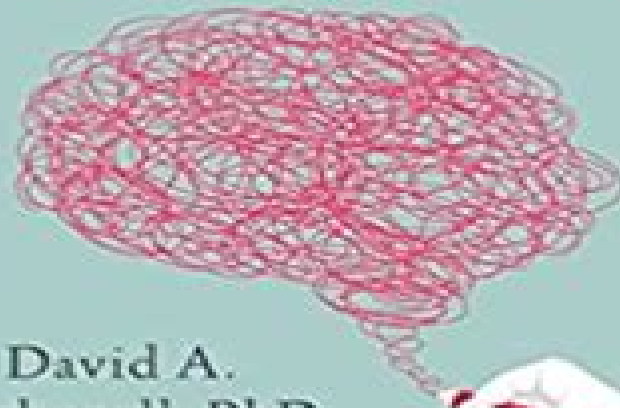


*How Your Brain Tricks You
into Expecting the Worst and
What You Can Do About It*

THE WORRY TRICK



David A.
Carbonell, PhD

Foreword by
Sally M. Winston, PsyD

Therapist Recommended

Book Worry Trick Brain Tricks Expecting

Robert L. Leahy



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