

## WORRY CURE



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Worry is not simply pessimism; it's a reflection of many different parts of who you are. Once you understand why you worry and why your worry makes sense to you, you can begin to explore some things that you can do or not do to help yourself: We now have a much greater understanding of how worry works.

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### **The Worry Cure Seven Steps to Stop Worry from Stopping**

The Worry Cure is his new, comprehensive approach to help you identify, challenge, and overcome all types of worry, using the most recent research and his more than two decades of experience in treating patients.

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Last but certainly not least Dr. Oz has his own theory to cure worry. One thing he suggests is to carry a balloon in your pocket. When you feel threatened by worry then reach for the balloon and blow it up. By blowing up the balloon you will decrease the heart rate and lower blood pressure. Hey, I know Dr. Oz has good intentions.

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You wish you didn't spend as much time worrying as you do, but you just can't seem to help it. Worrying feels like second nature. It's what helps you solve

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Philippians 4:6 reads, "Offer up your prayers and requests to God." The Bible says, "With thankful hearts offer up your prayers and requests to

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