



## How Can I Stop Worrying?

### The Definitive 5-Step Process to Help You Smooth Away Your Worries

By Kay Johnson

#### SYNOPSIS

*From a life of constant worry to finding peace of mind, Kay Johnson reveals how you can restore your calm and renew your zest for life.*

No matter how angst-ridden you're feeling, you really can get lasting relief from all your concerns, and find some peace of mind. You don't need any special skills or qualities, and you don't need any special training; you just need to know what to do, and then apply it in your everyday life. This is where the **How Can I Stop Worrying?** step-by-step process comes in. It's a straightforward 5-step process that will help transform your life for the better.

Based on her personal experience, Kay Johnson shares the key principles of how to stop worrying. She unravels the myths surrounding worry, and explains why it really is possible to find lasting relief from mind-numbing worries, even if you're someone who has worried all your life. No matter what's happening on the outside, she explains how you can remain calm and relaxed on the inside.

Divided into three parts, Kay starts by disclosing why it seems impossible not to worry if you're someone who has always worried. She goes on to demonstrate that this is an illusion and how you can transform the way you think about the difficulties you're facing and the actions you subsequently take.

In the second part, Kay explains the theory behind the 5-step process. By unlocking the mystery of the mind, she reveals exactly how you can switch from a feeling of overwhelming angst to one where your concerns are manageable and you can take them in your stride. She takes you through each of the five steps, explaining in detail what you need to do to help smooth away your worries.

The final part of the book is devoted to applying the step-by-step approach. In particular, you can explore how to let go of the past, which is eminently possible, irrespective of your genetic make-up, your upbringing and the experiences you've been through. And you will also learn how to overcome self-doubt and build a solid, inner confidence that allows you to deal more effectively with life's ups and downs. Throughout the book, you will find a series of questions that you can answer to help apply the five steps in your own life.

This book provides a blueprint for a happier life. It puts you back in control again. You can use it to overcome the anguish associated with financial worries, health concerns, relationship problems and demanding work situations.

**About the Author:** Kay Johnson (living in Sherborne, Dorset) had always been a chronic worrier. For the first part of her life, she worried about everything. Then came the wake-up call when her health gave out and she went down with a crash. That was the turning point and she resolved to find a better way of dealing with her stress-filled life. This book is the result of her search to find an effective way of dealing with stress and worry that she now wants to share with others.

'**How Can I Stop Worrying? The Definitive 5-Step Process to Help You Smooth Away Your Worries**' is published by Waterleaf Publishing.