

Kay Johnson Bio

After graduating, Kay Johnson spent most of her working life running consumer and social research projects. She led a busy family and social life, and had many different interests. But life was pretty stressful at times dealing with demands at work, relationship break-ups, illness and financial concerns.

Then, out-of-the-blue in her mid-30s, Kay's immune system gave out and she went down with a crash. At that point, she realised her old ways of dealing with stress just weren't working, so she had to find a better way of handling life's ups and downs. It was a turning point in her life.

Over the next 5-10 years, she consulted hundreds of books and articles about how to manage stress and worry, visited countless related websites and attended dozens of seminars. Little by little, through trial and error, she discovered what worked and what didn't. All of this knowledge has been distilled down into the '**How Can I Stop Worrying?**' 5-step process.

This process has relieved Kay's troubles and worries, and restored her inner calm. It's her wish that it will do the same for her readers.

Contact details for Kay Johnson: editor77 @ soothingyoursoul.com