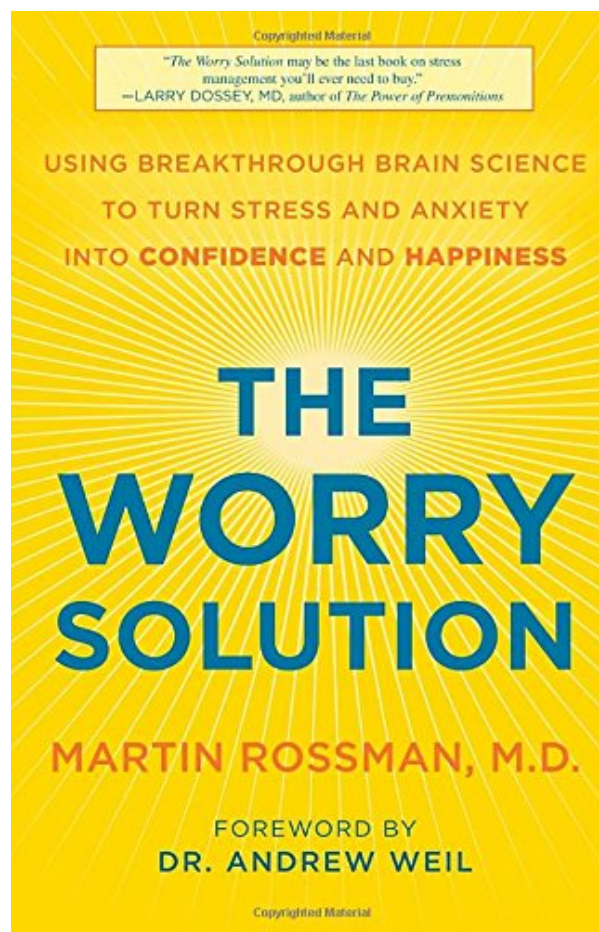


**THE WORRY SOLUTION: USING YOUR HEALING MIND TO TURN STRESS AND ANXIETY INTO BETTER HEALTH AND HAPPINESS BY MARTIN ROSSMAN M.D.**



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USING BREAKTHROUGH BRAIN SCIENCE  
TO TURN STRESS AND ANXIETY  
INTO **CONFIDENCE** AND **HAPPINESS**

# THE WORRY SOLUTION

MARTIN ROSSMAN, M.D.

FOREWORD BY  
DR. ANDREW WEIL

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Amazon.com Review

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As seen on Public Television!

Our brains are hardwired for worry. At its best, worry helps us reflect on and solve a problem. But for many, worry creates a negative cycle of unnecessary suffering. Now, based on cutting-edge research and proven clinical techniques, Dr. Martin Rossman has developed a program to help you harness the healing power of the mind to invigorate the emotional and intuitive parts of your brain and enhance your problem-solving abilities. You'll learn to:

- Identify worries you can – and can't – control.
- Cultivate the part of your brain that helps you solve problems more creatively.
- “Hardwire” yourself for calmness and clarity with guided imagery.

Grounded in breakthrough research and wonderfully accessible, The Worry Solution is a powerful and practical guide to living your best life – healthier, happier, and free from unnecessary stress.

- Sales Rank: #31908 in Books
- Brand: Martin Rossman
- Published on: 2010-12-28
- Released on: 2010-12-28
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .70" w x 5.20" l, .55 pounds
- Binding: Paperback
- 256 pages

## Features

- The Worry Solution Using Breakthrough Brain Science to Turn Stress and Anxiety Into Confidence and Happiness

## Amazon.com Review

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#### Most helpful customer reviews

4 of 4 people found the following review helpful.

**Excellent Advice Backed With Good Scientific Data**

By M. P. Kusen

This is an excellent book, well written by Dr. Rossman who brings together many aspects from a wide variety of sources as: ancient yoga, meditation, The Serenity Prayer, positive thinking (as advocated in Norman Vincent Peale's classic *The Power Of Positive Thinking* but he takes this to a dynamic dimension invoking sensory perception), affirmations, spirituality and the importance of rituals and more. Many of these elements are old news but he breaths new life into them as he incorporates and coordinates them into his system of prompting the mind and body to reduce stress and find a healthy mental, emotional and physical balance. His primary focus is on sensory focused relaxation techniques that enhance positive brain connectivity. And most importantly he explains much of his method by backing them up with proven scientific findings that affirm how and why these things work. Last, but not least, Dr. Rossman injects an occasional entertaining humorous references such as Mel Brooks reference on the origin of religion by his "2,000 Year Old Man" character.

I tend to view self-help books with a critical eye because there are a gazillion of them out there but very few that are really good — this is a very good one.

18 of 19 people found the following review helpful.

**Make Your Good Worries Better!**

By Jerome Freedman

I read Dr. Rossman's book while on retreat with Zen Master Thich Nhat Hanh in Vancouver, British Columbia. I find the book to be completely worthwhile and I keep it near me on my desk. My wife and I have given it to many people as gifts, especially friends suffering with cancer.

I was especially impressed with Chapter 7: "Making Good Worry Better." The seven steps of effective action are exceptionally helpful and worth the price of the book.

Chapter 8 on "Minding Your Brain" explains how to effectively increase neural pathways in the brain for increased health and longevity. I found this chapter very interesting.

While I have not listened specifically to the CD's for "The Worry Solution," I have enjoyed his other works such as "Anxiety Relief," "Healing Yourself" and "Natural Restful Sleep." Each of these CD sets contain excellent guided imagery exercises that benefits all of us.



Don't hesitate to purchase "The Worry Solution" and it's CD set!

Jerome Freedman, Ph. D.

Author of Know Your Type! Awaken Your Potential!

6 of 6 people found the following review helpful.

Great book, filled with humor and wisdom!

By Linda AYRESFREDERICK

And you actually do find solutions to worrying incessantly. This from a bonafide worrier who has now, Thanks to Dr. Rossman, kicked a lot of the habit.

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