



# **The Worry-Free Mind: Train Your Brain, Calm the Stress Spin Cycle, and Discover a Happier, More Productive You**

*Carol Kershaw, Bill Wade*

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The brain's superpowers have been discovered by neuroscience. Your genius mind knows how to make your brain dissolve worry and stay in your best internal states longer. The result is a life full of possibility.

*The Worry-Free Mind* shows you how to decipher the architecture of your model of reality, shift it to a newer version, and overcome your tendency to worry every day. With the powerful tools it offers, you can access your inner resources, lower stress, calm your reactive mind, feel cheerful, and create a dynamic flow.

Can you imagine a day without worry and how productive you could be with the extra time you would have? By learning to shift and condition your internal state and set up your environment to support the changes you want to make, you can accomplish anything you want.

*The Worry-Free Mind* will show you how to

- unleash your brain's superpowers in minutes,
- shatter the illusions that keep you in a constant state of worry,
- recondition your mind to a new state of being,
- discover how your brain chemistry works to tap into natural bliss, and
- shift your internal states to change your biology.

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