



# Workbook for: Dan Ryckert's Anxiety as an Ally (Unofficial)

*Jan O Bananberg*

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PLEASE NOTE: This unofficial workbook was created by Jan O. Bananberg to be used as a compliment to Dan Ryckert's book: Anxiety as an Ally.

## Imagine 2 scenarios.

In the first one you have just finished reading Anxiety as an Ally. It was a great book and you remember that it mentioned a lot of smart things. But you can't remember much of it now as you close the book.

In the second scenario you have just finished the same book. The difference now is that you have a plan for how to implement this new knowledge to improve your life.

Most people will find themselves in scenario one.

We believe that reading is an investment. You spend time with a book because you hope that it will make you happier, healthier, wealthier or smarter. But simply just reading a great book is not enough. You have to take action!

In this workbook Jan O Bananberg will help you make real changes from what you have read by turning that knowledge into lasting habits.

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