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Stopping You By Robert L. Leahy**

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Here is an excerpt of "The Worry Cure: Seven Steps to Stop Worry from Stopping You," by Robert L. Leahy. It is the introduction. The Seven Rules of Highly Worried People

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Seven Steps to Stop Worry from Stopping You Robert L. Leahy has successfully helped thousands of people defeat the worry that is holding them back. The Worry

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