



# Take the Wheels off Your Worry Bus: Attack Anxiety with Humour

*Sharron Orován-Johnston*

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**Take the Wheels off Your Worry Bus: Attack Anxiety with Humour** Sharron Orovan-Johnston

This is an easy to read, illustrated, self-help guide to overcome anxiety. This very unique approach combines cognitive behavioural therapy with humour skills. These techniques are based on my clinical experience in which clients made positive changes. The case studies and cartoons bring the topic to life and make the book a pleasure to read.

You can learn how to change unhelpful thinking and behaviours such as perfectionism, procrastination, worry, agoraphobia, job anxiety, clutter and poor communication. You will discover how to take control of your life, relax, and how to do a laughter workout!

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