

ANXIETY VS. WORRY

- PERSISTENT
- UNCHANGING WITH CIRCUMSTANCES
- AFFECTS DAILY LIFE OR PHYSICAL HEALTH
- INESCAPABLE
- OVERWHELMING

FEELINGS OF FEAR OR CONCERN FOR PEOPLE AND SITUATIONS

- TEMPORARY
- CIRCUMSTANTIAL
- DOES NOT IMPACT DAILY LIFE
- GOES AWAY WHEN YOU KNOW THE OUTCOME

Anxiety And Worry

J Ma



Anxiety And Worry:

Unveiling the Magic of Words: A Review of "**Anxiety And Worry**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Anxiety And Worry**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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