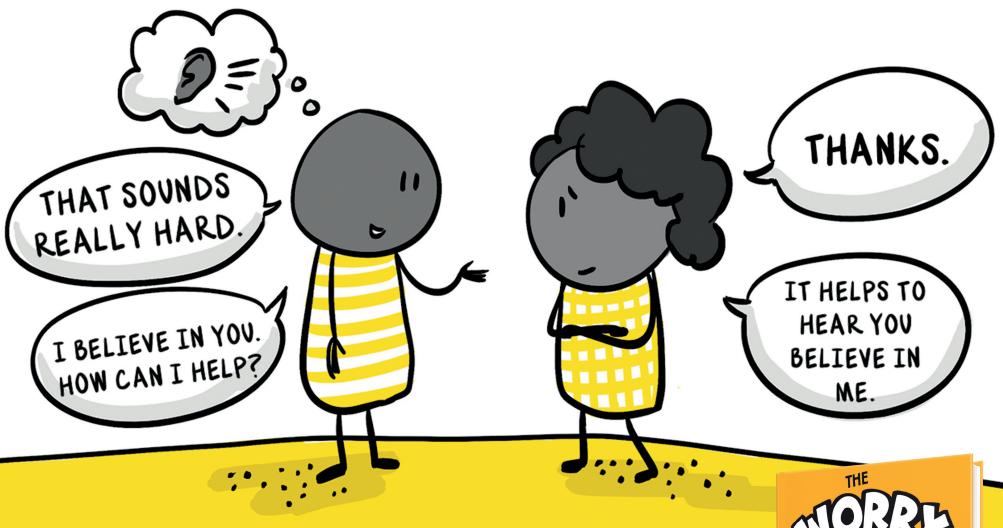


WHEN A PERSON IS FEELING WORRIED ...

LISTEN WITHOUT JUDGING

TRY TO UNDERSTAND

ASK WHAT SUPPORT THEY'D LIKE



TAKE CHARGE OF THOSE WORRIES & FEEL GOOD AGAIN WITH

THE WORRY (LESS) BOOK

