



# Worry

*Edward M. Hallowell*

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## **Worry** Edward M. Hallowell

Here is the first book to explore every facet of the most common and debilitating emotional state: worry. While a healthy level of worry can help us perform efficiently at work, anticipate dangers, and learn from past errors, in its extreme forms worry can become "toxic"--poisoning our pleasures, sabotaging our achievements, and preventing us from resolving actual problems.

In this lucid, reassuring book, Dr. Hallowell discusses all types of worry, explores their underlying causes, and considers the best strategies for coping. Case histories and anecdotes illuminate such issues as worry in relationships; the correlation between worry and conditions like , depression, social phobia, generalized anxiety disorder, and obsessive-compulsive disorder; worry at work; and the worried child. In an effective section titled "Remedies That Work," Dr. Hallowell shows us how to evaluate, control, and manage worry, both with and without medication.

Even "born" worriers can learn to use their worry wisely and channel it healthily. This book is the key. Filled with practical solutions and insightful guidance, Worry is an invaluable aid to living a happier, calmer, and more rewarding emotional life.

## **Worry Details**

Date : Published September 14th 1998 by Ballantine Books (first published 1997)

ISBN :

Author : Edward M. Hallowell

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# From Reader Review Worry for online ebook

## Jenna says

I enjoyed parts of this book and learned more about ways to worry productively vs. unproductively. It was a little dry and dated though, so it took me a while to complete reading it.

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## Aubrey says

I was hoping for some new or different ideas about controlling worry/anxiety in this book, but it was mostly reminders of all the stuff I already know, but am terrible at implementing day by day in my life.

However, he did have some good reminders of the importance of faith in God and daily/constant prayer AND good analogies to help me remember what I can and can't control in my life and how to notice when I'm starting to stress over what I can't control.

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## Charity says

This was very long but for me it was fascinating because I was in the midst of a bit of a mental breakdown. It gave me great insight into what was going on in my brain and what I needed to do to get help. I was able to explain my symptoms more clearly to the doctor also because of what I learned in this book and it gave me fantastic strategies for getting back on solid ground and staying there.

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## Gerald says

What a waste of time and effort is worry. Dr. Hallowell's book does a great job of putting worry into perspective and also offers valuable tools to overcoming this wasteful habit.

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## Sara Goldenberg says

He writes well and I've read many of his books. I find that they are full of examples that don't apply to me so I really don't gain anything, though.

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## Abby says

Every so often I find myself becoming a Book Evangelist, where I will tell anyone who will listen about "this great book I just read." **Worry** is one of those books. Hallowell guides the reader through different types of anxiety and worry, incorporating larger discussions of therapy types, brain chemistry, theory, and history

around each case study. What work best though is that this isn't just another "self-help" book that diagnoses the problem but offers no solutions. The last third to half of the book is dedicated to ways to manage worry and anxiety.

What was most helpful to me was learning that worry and anxiety are partially learned behaviors but that they are also biochemical. Understanding that my worries and anxieties are not a moral failure and that I am not a weak person because I tend towards toxic worry, was worth 10 therapy sessions with a licensed therapist.

If you worry, or think you might worry too much, or know someone who does, get this book. I promise that you will come out of it changed for the better.

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### **pri says**

the best book about anxiety i've read so far. compassionate writing and approach with simple guidelines and suggestions. not life altering - but very supportive.

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### **Janice says**

I really enjoyed this book. It gives great examples of worry and scenarios. It made me feel less alone in what I think of as my paranoid worries, but actually are more common than previously thought. It also has lots of practical advice. Including a how much of a worrier are you test, which is interesting. As a actual doctor, he also goes over all the clinical worry disorders with lots of examples and plans to overcome them.

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### **Elyse P says**

Not bad, but not life-changing. An easy read. Some of the client case stories were interesting, and the section at the end containing tips was helpful. I already knew a lot of the information he presented, but it was a nice reinforcement.

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### **Lisa says**

I found this book helpful, even if it depressed me along the way (I knew I worried a lot, but I was surprised that I identified with every kind of worry in the book except paranoia). This book helped me realize that stuff I consider "crazy" about myself (like the fact that I often tell myself out loud, "Lisa, you're doing fine") might just be coping strategies for handling so much worry. Worriers need lots of reassurance, and since I spend so much time alone, it makes sense that I'd feel the need to reassure myself.

Yay for a book that makes me feel a tiny bit less crazy!

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## **Jenny says**

I'm not much of a worrier, but even so, I do catch myself in negative thought patterns, and there are some past events in my life that I obsess over. This book gave some very helpful techniques for dealing with worry and anxiety.

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## **Dayla says**

Best help anyone can get outside of medication, when it comes to "worry."

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## **Nathan says**

Well written for the most part, though his patient conversation scenes were awkward and contrived. The info contained is likely a bit dated, as the book is 15+ years old, but the overall point that worry is a medically treatable condition is still valid.

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## **Betsy Johnson says**

Helped me through my first month of a challenging new job. Left me with techniques to get me through the next five years!

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## **Paula says**

I picked up this book a few months ago when my neighbor was moving. He put stuff out on the stoop; I scooped this up immediately as I was going through some tough times at that point.

Dr. Hallowell is a great writer. He offers insight, tips, anecdotes/case references from his own practice, and lots of scientific information--without the reader getting lost in medical jargon. I imagine it would be kind of hard for a professional to tone down jargon, especially when it comes to doctors. But Dr. Hallowell does a great job with his very inclusive, calming voice. He also depicts himself as human, using examples of himself when he's worried to make him more relatable, and trustworthy as an author.

There's a chapter for almost every kind of worrying I could think of, and even little quiz to find out what kind of worrier you are :)

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