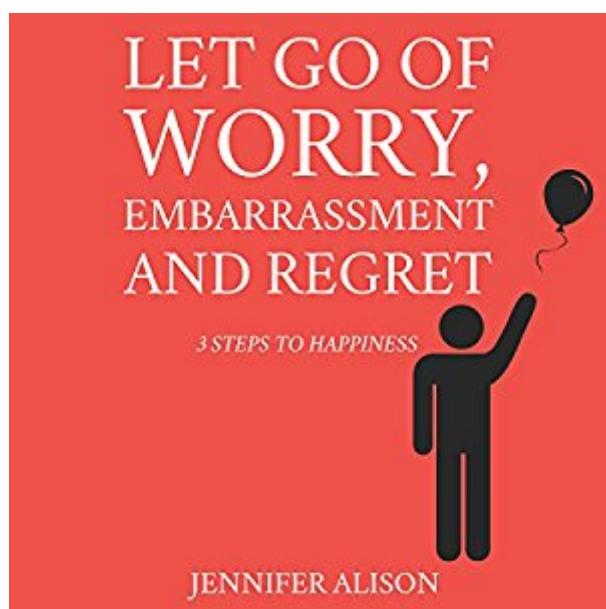


The book was found

Let Go Of Worry, Embarrassment And Regret: 3 Steps To Happiness



Synopsis

Worry, embarrassment, and regret can have a toxic effect on your self-esteem, moods, relationships, general outlook on life, and your true potential. Overcome these feelings fast with the New York Times best-selling book *Let Go of Worry, Embarrassment and Regret: 3 Steps to Happiness*. The result of 15 years of research around the world, Dr. Jennifer Alison has produced a simple-to-understand book full of practical advice to turn around your life today. Here's a preview of what you'll learn when you buy this book: Understanding worry and how to defeat it Body, mind and behavior Dealing with the worries in your life today The light bulb moment! Let go of worry and restart your life today! Five steps to free yourself from worry Dealing with embarrassment, guilt and social anxiety Realign shameful feelings Letting go of embarrassment Moving on from regrets Romantic regrets The most important list you will ever hear Six steps to a positive life

Book Information

Audible Audio Edition

Listening Length: 2 hours and 38 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jennifer Alison Publishing

Audible.com Release Date: October 22, 2015

Language: English

ASIN: B016YWPCTG

Best Sellers Rank: #86 in Books > Self-Help > Anxieties & Phobias #264 in Books > Self-Help > Stress Management #1022 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I really enjoyed reading *Let Go Of Worry, Embarassment, and regret*. I am a semi anxious person, I worry about things I can't control like how people think of me. It is a bad cycle that I want to quit. I learned a lot in this book, like how terrible worrying can be for your body. This book makes moving past your worries seem very possible as long as you are aware and proactive. I am not an overly embarrassed person but I learned that guilt and Embarrassment are often entertained. This book has a lot of valuable information about how to move past each of these terrible things and turn them to a positive. There is a part in the book that talks about avoiding shoulda, woulda, couldas and living life with no regrets. I really appreciate that and found this book extremely helpful. Even if you do not suffer from one of these this book is still great because someone you know could be. Overall

I am very happy and am practicing the tools that Alison described in the book.

Time to time humans arouse their emotions and at times they face severe situations which cause many things making them feel worried. We have seen many examples where people lose their hope and let their lives fall down by hanging in to worries. This book provides proven and effective methods in letting your worries go and to be happy there after. Many steps are discussed under the chapters gripping the mind of the reader easily and clearly educating him. I find this book highly applicable for my own situation as well and it helped me in lifting myself up. I really like this book and recommend this for others as well.

As a psychology major who is attending graduate school soon, I absolutely LOVED this book. It is a novel that can be read by anyone and can help anybody! I liked the fact that it is a self-help book that relates to one topic and gives you explanations for multiple feelings, instead of the standard *question and answer* modules one sees in self-help books. I have high self-esteem and good confidence, but I sometimes struggle with letting go of issues. I found the explanations of each feeling and resolving the dilemma insightful. I am definitely following the tips for letting go of the *woulda, shoulda, coulda*, because I am very guilty of this. I need to focus on the now and being content with my future, especially after my recent car accident. I also love the last section of the book that discusses how to live a positive light. I agree with the statement that to live a positive life, you CANNOT surround yourself be negative people. This is a belief I have always had, and it's true- your energy will attract your future actions and reactions. I think many people will benefit from this book because though much of it seems like common sense, it is beneficial to need information that reinforces positive beliefs. I recommend anyone who's going through a rough patch to read this book- it will uplift your spirit and motivate you to look at the glass half full. If you have anxiety or tend to look negatively at problems/life issues, this is the go-to book that will pick you up!

I never liked to admit when I was worrying, and Lord forbid if I got embarrassed. The negative energies from these emotions would linger for days have an adverse effect on my life as whole. *Let Go of Worry, Embarrassment, and Regret* is a great guide for a person like me or anyone who wants to turn their life around for the better. Alison's writing made reading this book very comprehensive and I was able to easily implement the ideas shared to overcome these emotions. The most helpful chapters for me were:- Turn Your Regret into Something Positive- Stop

the Blame Game- Letting Go of Coulda, Woulda, ShouldaExcellent read and I give this two thumbs up!

I don't personally struggle with worry but I am close to many who do and this book really helped me understand them better. I can also say that there is more to this book than just letting go of worry, embarrassment, and regret. It's a helpful look at how we can effectively prevent negative thought patterns and take proactive steps to reducing things that cause worry, etc. I found the book very useful and informative and would recommend it to anyone whether they think they struggle with worry or not. Great book on managing stress and living a free and vibrant life. Highly recommend!

This is a very resourceful and helpful book. I've really enjoyed that it was like the writer was actually talking to you, rather than some boring old simple step book telling you what to do. Each chapter gave me an insight on what I could do to ease my worries, though I know I probably won't stop worrying about things. I know I can at least come back to this book and reread it to help me through it. After reading this book, I am already feeling better and no longer being called a 'worry wart' by my children. The quotes at the end of each page were also a nice touch. I liked this book so much I bought the audio to go with it.

I've always tried to live without regret, but it's more easy to say than to do, but I had never really considered the impacts of embarrassment and constant worrying. This book has great advice for anyone suffering from the negative effects of living with worry, embarrassment, and regret. I quite enjoyed the helpful tips and inspiring quotations. Jennifer Alison really explained things clearly and made it easy to understand the importance of getting rid of these things in my life.

Knowledge bomb after knowledge bomb after knowledge bomb-especially toward the end. This book is a godsend for folks who deal with anxieties, shame issues, etc. It helps to re-frame what's really going on and offers solid ways to work through these problems. I was very impressed with this book.

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