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There are several reasons, explains Robert L. Leahy, PhD, the author of The Worry Cure: 7 Steps to Stop Worry From Stopping You and the director of the American Institute for Cognitive Therapy in ...

Consistently worry about future failures, dangers, or other types of negative outcomes; Ruminates, or repeat in your mind, the same worry or worries; Try to stop worrying by anxious avoidance of certain situations; Become paralyzed with worry and are unable to focus on, or implement, constructive solutions to your problems.

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