



Worry Therapy (Elf Self Help)

Daniel Grippo

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The world, it seems, moves at a much faster pace than it used to, and subsequently we are all faced with worries about so many different things. At times, the worry can so overtake us, that our very lives become shaded by its presence. With the help of the Abbey Elves, this book helps people face some of the worrying challenges that are part and parcel of today's fast-paced society. With just the right amount of wisdom and whimsy, the book helps people move from worry to relaxation and relief.

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