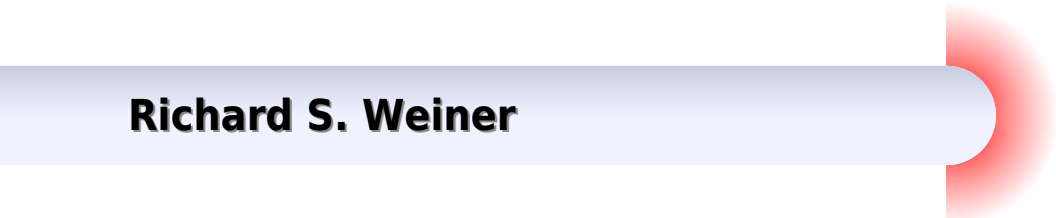


TECHNIQUES FOR REDUCING EMOTIONAL REACTIONS: Excessive Worry & Fear of the Future

- Mental Distraction
- Relaxation exercises
- Attention Strategies
- Mindfulness

Reducing Fear Worry Reducing Stress

Richard S. Weiner



Reducing Fear Worry Reducing Stress:

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