

AS SEEN IN FAMILY CIRCLE

NOT TO WORRY!

THE PHENOMENAL 6-DAY ANXIETY RELIEF PLAN

"AT LAST! PEACE OF MIND
IS READILY AVAILABLE
TO ALL THOSE WILLING
TO FOLLOW THE GOULDINGS'
CLEAR INSTRUCTIONS..."

—JOE ALEXANDER, AUTHOR OF
DARE TO CHANGE

INCLUDES
A 100-
QUESTION
WORRY
TEST

MARY McCLURE GOULDING, M.S.W.,
AND ROBERT L. GOULDING, M.D.

Not To Worry The Phenomenal 6 Day Anxiety Relief Plan

M Woodhall



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