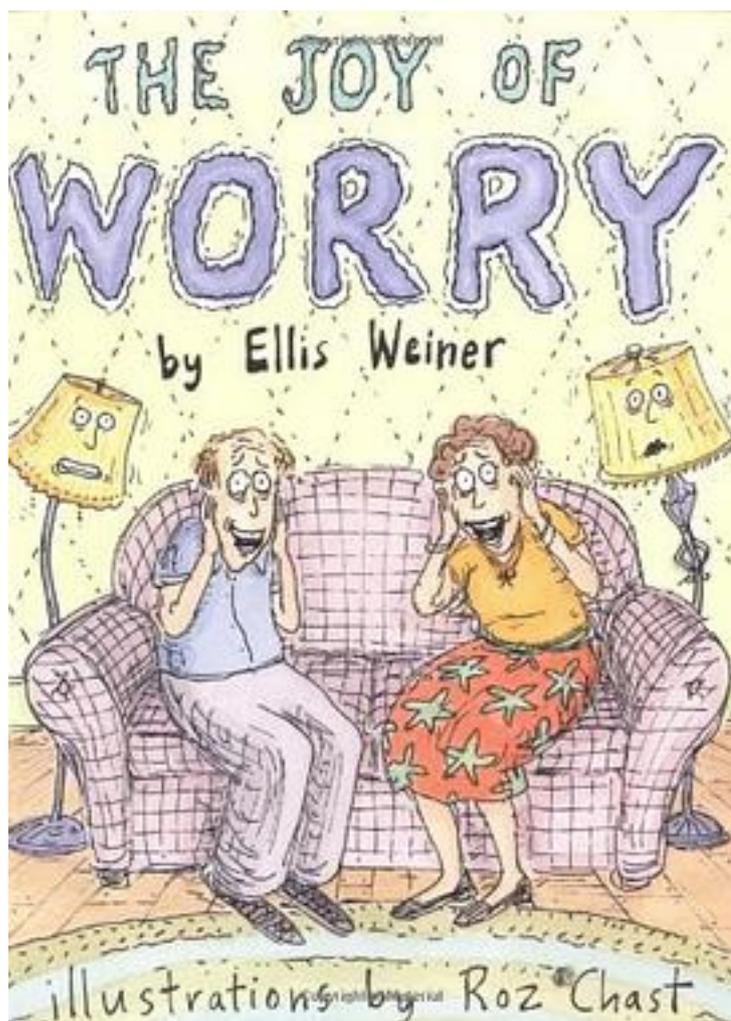


Joy of Worry



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Worry your way to wellness, wealth, and wisdom with this humorous illustrated guide

to the fantastic benefits of worrying in every aspect of life. Instead of teaching you to relax (what do you mean calm down?), The Joy of Worry shows you how to maximize the many fantastic benefits that true anxiety has to offer. Worry away your weight; worry and win at work; worry your way to wealth and better sex; worry on the road (The Road Worrier) - for what is defensive driving but useful worrying? And we all know that our heart rates soar and we break into a sweat when we're anxious - welcome to worrycising! Here are many, many more things to worry about, and how you can make that gnawing tension work for you! Narrative text, with sidebars. Illustrations by Roz Chast.

作者介绍:

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