



# How to stop worrying and start glowing

*Bryn Jones*

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## **How to stop worrying and start glowing** Bryn Jones

The book starts off with an autobiographical description of traumatic experiences that could make anyone worry for a couple of lifetimes. The book then morphs into a journey from radical surgery to radical lifestyles, from meditation to fasting, from psychoanalysis to Reichian Therapy and from Buddhism to glow-worms and glowing film stars. Not quite the usual 'How to ....' type of self-help volume, this book may well surprise you in its exploration of the different ways of dealing with worry and the variety of paths tried over the centuries in the search for eternal youth. It's a story of feelings, of thoughts, of experiences, around the themes of worrying and glowing in the 21st century. You will learn how to master your every-day worries, manage your worry-life, find out why some people glow, experience the joys of successful worrying, find out why some never stop worrying, experience the glow of life inside you.....and more.

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