



Stop Worrying About Your Health!: How to Quit Obsessing About Symptoms and Feel Better Now - Second Edition

George D. Zgourides

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END YOUR HEALTH WORRIES TODAY! Everyone has felt the need to scratch when a friend reveals a rash, but for some people unfounded concerns about potential diseases are a daily struggle. If you are one of the millions of people plagued by obsessive thoughts about physical symptoms and remain certain there is something wrong despite a doctor's repeated assurances to the contrary, you know what it is to live with health anxiety. In this newly updated second edition of his bestselling self-help book for people who are overly concerned about their health, physician and psychologist George D. Zgourides offers effective, step-by-step strategies for conquering illness obsession. Learn to identify your causes of excessive worry, counteract your distorted self-talk about everyday physical sensations, and redefine—for good—your experiences of aches, pains, and other symptoms.

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