



# Worry No More! 4 Steps to Stop Worrying and Start Living

*Bruce Van Horn*

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**Worry No More! 4 Steps to Stop Worrying and Start Living** Bruce Van Horn  
**A life-changing book! -- An International Bestseller!**

## **Praise for *Worry No More!*:**

"While this book is focused on helping us to stop needless worrying, it's actually much more than that. It's a guidebook to living a successful life. Follow the author's sage advice and, while life will still have its hills, you'll now begin to navigate them with confidence and joy. The result will be a life filled with peace, gratitude, and a sense of happiness you may not have even realized was so possible to experience." - **Bob Burg**, Coauthor of the bestselling book *The Go-Giver*

"Once again, Bruce Van Horn shares his wisdom, experiences, and insights to deliver a message that is sure to inspire and empower. This book is for anyone who is ready to live their life to its greatest potential." - **Dr. Steve Maraboli**, Bestselling Author and Behavioral Scientist

"We worry, worry, worry and worry some more. But Bruce has written an honest and transparent guide with practical advice for how to break free and start living!" - **Rory Vaden**, Co-founder of Southwestern Consulting and *New York Times* bestselling author of *Take the Stairs* and *Procrastinate on Purpose*

"For years, Bruce has been a great source of encouragement to me online. I was thrilled to see that he's taken that same wonderful approach to life and shared it in a book. If you've ever been a worrier, like me, it's time to discover Bruce Van Horn!" - **Jon Acuff**, *New York Times* bestselling author of *Do Over: Rescue Monday*, *Reinvent Your Work* and *Never Get Stuck*

"One of the major issues in the world today is the constant chatter of worry and anxiety in our minds. Bruce Van Horn, a true inspiration, takes us on a journey to relieve this mental noise with *Worry No More! 4 Steps to Stop Worrying and Start Living*. If you are having issues with this (and who doesn't), then get your copy today and start using this wisdom to quiet the noise." - **J.B. Glossinger**, Founder of MorningCoach.com

"I have taught the world about stress for over three decades and I have found that worry may be the number one stressor that sets off the stress response. Bruce has addressed this issue in his new book with an easy, four-step approach to conquer and overcome the habit of worry. Bruce has put himself out there in this book, revealing his story and how he himself broke free from the destructive habit of worry. For anyone one who wants to create a life-shift toward peace and start living worry-free, I recommend this amazing book." - **Bill Cortright**, Author of *The NEW Stress Response Diet*

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#### **Patrick Reyes:**

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