

1. Record Nr.	UNINA9910165062003321
Autore	James George Wharton <1858-1923, >
Titolo	Quit your worrying! // George Wharton James
Pubbl/distr/stampa	[Place of publication not identified] : , : The Floating Press, , [2015] 2015
ISBN	1-77667-553-3
Descrizione fisica	1 online resource (181 pages)
Disciplina	152.46
Soggetti	Anxiety Fear Worry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Born in England, George Wharton James emigrated to America to work as a Method minister in the desert Southwest, but soon entered into a period of intense personal strife, during which he learned valuable lessons about life. The timeless self-help classic Quit Your Worrying! is a must-read for anyone struggling with anxiety.