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TRAIN YOUR BRAIN,

WORRY-

CALM THE STRESS SPIN CYCLE,

FREE

AND DISCOVER A HAPPIER,

MIND

MORE PRODUCTIVE YOU

Carol Kershaw, EdD and Bill Wade, PhD

“Wow. *The Worry-Free Mind* is full of ideas that really work! Based on current neuroscience, the brain-change exercises help create growth conditions for habits, thinking, outlook, and even physiology. With this, worriers can build more resilient lives, inside and out.”

—ROXANNA ERICKSON-KLEIN, PhD, Board of Directors, The Milton H. Erickson Foundation

TRAIN YOUR BRAIN, CALM THE STRESS SPIN CYCLE, AND DISCOVER A HAPPIER, MORE PRODUCTIVE YOU

The brain's superpowers have been discovered by neuroscience. Your genius mind knows how to make your brain dissolve worry and stay in your best internal states longer. The result is a life full of possibility.

The Worry-Free Mind shows you how to decipher the architecture of your model of reality, shift it to a newer version, and overcome your tendency to worry every day. With the powerful tools it offers, you can access your inner resources, lower stress, calm your reactive mind, feel cheerier, and create a dynamic flow.

Can you imagine a day without worry and how productive you could be with the extra time you would have? By learning to shift and condition your internal state and set up your environment to support the changes you want to make, you can accomplish anything you want.

The Worry-Free Mind will show you how to:

- Unleash your brain's superpowers in minutes.
- Shatter the illusions that keep you in a constant state of worry.
- Recondition your mind to a new state of being.
- Discover how your brain chemistry works to tap into natural bliss.
- Shift your internal states to change your biology.



CAROL KERSHAW, EdD, is a clinical psychologist and international trainer in clinical hypnosis and brain-based psychological transformation. She is board certified in neurofeedback and holds the status of fellow. Dr. Kershaw is the author of *The Couple's Hypnotic Dance* and coauthor of *Brain Change Therapy: Clinical Interventions for Self-Transformation*, as well as many professional

articles. **BILL WADE, PhD**, is licensed in Texas as both a professional counselor and marriage and family therapist, and has maintained a therapy practice for more than 30 years. He has presented workshops throughout the United States and abroad in clinical hypnosis, brain-based transformation, and meditation. Dr. Wade is coauthor of *Brain Change Therapy*.

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