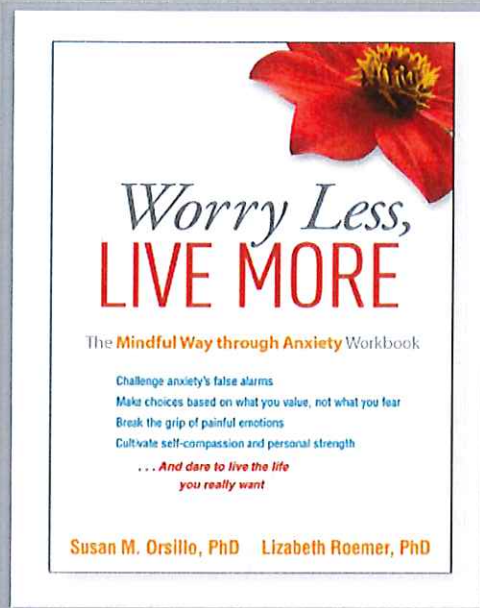


Struggling with worry?

Interested in participating in a study looking at the effectiveness of a self-help book?



Worry Less, Live More is a self-help book that allows people to try out acceptance and mindfulness strategies found to be helpful in therapy for anxiety on their own

- ❖ Participants cannot currently be in therapy for anxiety
- ❖ If eligible, you will receive a *free copy* of the book and a \$60 *amazon gift card* for completing questionnaires!

Find out more about the study and see if you are eligible by emailing worryless.mindfulway@gmail.com or scanning the code below



Suffolk University
Institutional Review Board
Approval Dates
From: 1-26-17
To: 11-8-17

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