



It's Ok to Be Neurotic: Using Your Neuroses to Your Advantage

Frank Bruno

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At last, quick relief for the chronic worrywart. A neurosis exists if an individual suffers chronic anxiety that is out of proportion to reality. More than 20 million people suffer from some type of neurosis, and they're looking for answers. *It's Ok to be Be Neurotic* is a revolutionary book that presents readers with twenty psychological strategies to help them channel their neuroses and achieve positive goals. In a straight-forward, easy-to-read style the author offers useful advice to help readers turn neurotic weaknesses into strengths. The author himself copes effectively with anxiety and he draws from his personal experiences - as well as his thirty years as a psychotherapist - to help readers not only understand their neuroses, but also benefit from their condition. With the author's support, readers learn to maximize their neuroses, cope with conflict, and break bad habits that have been holding them back. With myriad case studies, prescriptive self-quizzes and easy tips and strategies for success, this book is the only one available to help readers realize that they may have a neurosis - but it doesn't have them.

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