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Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace

By Gregory L. Jantz, Ann McMurray

Baker Publishing Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace, Gregory L. Jantz, Ann McMurray, Fretting over seemingly inconsequential daily headaches. Constantly worrying about family members' health or safety. Being weighed down by negativity from the 24-hour news cycle. It's a wonder anyone can escape anxiety. Unchecked, anxiety can swiftly rob us of our sense of safety, well-being, and peace. Overcoming Anxiety, Worry, and Fear offers a whole-person approach to coping with and eliminating anxiety. This compassionate combination of common sense, biblical wisdom, and therapeutic advice will help readers unchain themselves from constant worry so that they can "be anxious about nothing" (Phil. 4:6). Trusted author Dr. Gregory L. Jantz helps readers identify the causes for their anxiety, assess the severity of their symptoms, and start down avenues for positive change.



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

-- **Mr. Johnathon Dach**

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.

-- **Prof. Barney Harris**