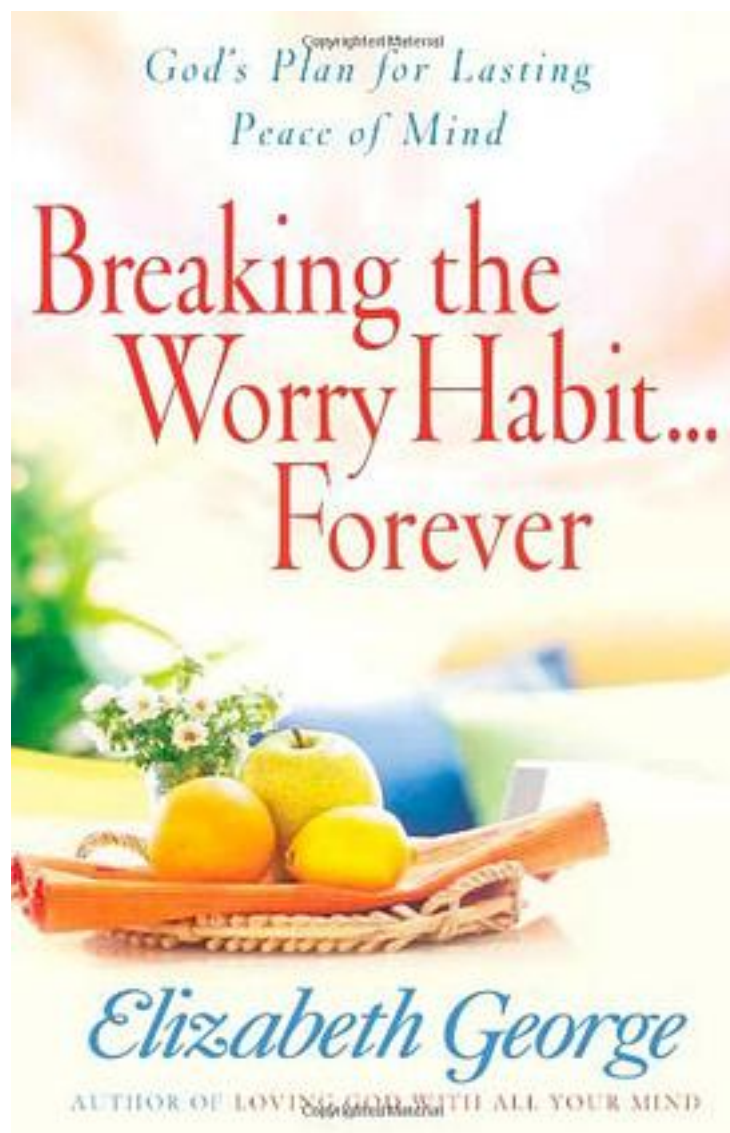


# Breaking the Worry Habit...Forever!



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Brand new from bestselling author Elizabeth George! Tackling the growing problem of anxiety, Elizabeth George draws on the Bible and her personal experiences to help readers develop their trust in the Lord and take steps to keep worry and runaway fear in check. Going beyond the simple "just pray and give your troubles to the Lord," Elizabeth acknowledges how hard it can be to "let go and let God." She offers practical step-by-step advice to help readers...change their focusfind the positive in negative situationsunderstand what they can and can't changeknow what to do when feeling overwhelmeddevelop proactive skills to head off anxietyunderstand that Christ is with them always Insightful discussion questions for each chapter will help readers apply the biblical principles and insights to their lives...and break their worry habit forever.

作者介绍:

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