



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

By Gregory L. Ph.D. Jantz, Ann McMurray

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**Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace** By  
Gregory L. Ph.D. Jantz, Ann McMurray

Fretting over seemingly inconsequential daily headaches. Constantly worrying about family members' health or safety. Being weighed down by negativity from the 24hour news cycle. It's a wonder anyone can escape anxiety. Unchecked, anxiety can swiftly rob us of our sense of safety, wellbeing, and peace. Overcoming Anxiety, Worry, and Fear offers a wholeperson 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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### Editorial Review

From the Back Cover

#### **You can live free from anxiety**

Are you always expecting bad things to happen? Are you constantly worrying about family members' health or safety? Ever feel weighed down by negativity from the 24-hour news cycle? In our world, it's a wonder anyone can escape anxiety. In fact, 40 million Americans suffer from some sort of anxiety disorder. Unchecked, anxiety can swiftly steal your sense of safety, well-being, and peace.

But you don't have to let anxiety rule your life.

*Overcoming Anxiety, Worry, and Fear* helps you cope with and eliminate anxiety. Its compassionate combination of common sense, biblical wisdom, and therapeutic advice will free you from constant worry. Trusted author Dr. Gregory L. Jantz will help you identify the causes of your anxiety, assess the severity of your symptoms, and start down avenues for positive change.

**Gregory L. Jantz, PhD**, is a popular speaker and award-winning author of more than 25 books, including *Healing the Scars of Emotional Abuse* and *Every Woman's Guide to Managing Your Anger*. He is the founder of The Center for Counseling & Health Resources, Inc. ([www.aplaceofhope.com](http://www.aplaceofhope.com)) in the state of Washington.

**Ann McMurray** has coauthored several books with Dr. Jantz, including *Healing the Scars of Emotional Abuse* and *Every Woman's Guide to Managing Your Anger*. She too lives in Washington and works at The Center for Counseling & Health Resources, Inc.

#### About the Author

Gregory L. Jantz, Ph.D., is a popular speaker and award winning author of more than 25 books, including *Healing the Scars of Emotional Abuse* and *Every Woman's Guide to Managing Your Anger*. He is the founder of The Center for Counseling & Health Resources, Inc., ([www.aplaceofhope.com](http://www.aplaceofhope.com)) in the state of Washington. Ann McMurray has coauthored several books, including *Healing the Scars of Emotional Abuse* and *Every Woman's Guide to Managing Your Anger*. She too lives in Washington and works at The Center for Counseling & Health Resources, Inc.

### Users Review

#### **From reader reviews:**

#### **Theresa Walker:**

The book *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace* can give more knowledge and also the precise product information about everything you want. Why then must we leave the great thing like a book *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace*? A few of you have a different opinion about publication. But one aim that book can give many facts for us. It is absolutely suitable. Right now, try to closer using your book. Knowledge or information that you take for that, you are

able to give for each other; you could share all of these. Book *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace* has simple shape but you know: it has great and large function for you. You can search the enormous world by open and read a guide. So it is very wonderful.

**Myrtle Galloway:**

The experience that you get from *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace* could be the more deep you searching the information that hide inside the words the more you get thinking about reading it. It does not mean that this book is hard to be aware of but *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace* giving you enjoyment feeling of reading. The writer conveys their point in certain way that can be understood by simply anyone who read the item because the author of this e-book is well-known enough. That book also makes your current vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having that *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace* instantly.

**Maria Trussell:**

Playing with family in a very park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, and then why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace*, you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

**Darla Kemp:**

In this particular era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become one among it? It is just simple solution to have that. What you are related is just spending your time not very much but quite enough to enjoy a look at some books. Among the books in the top checklist in your reading list is usually *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace*. This book that is qualified as *The Hungry Mountains* can get you closer in turning into precious person. By looking way up and review this guide you can get many advantages.

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