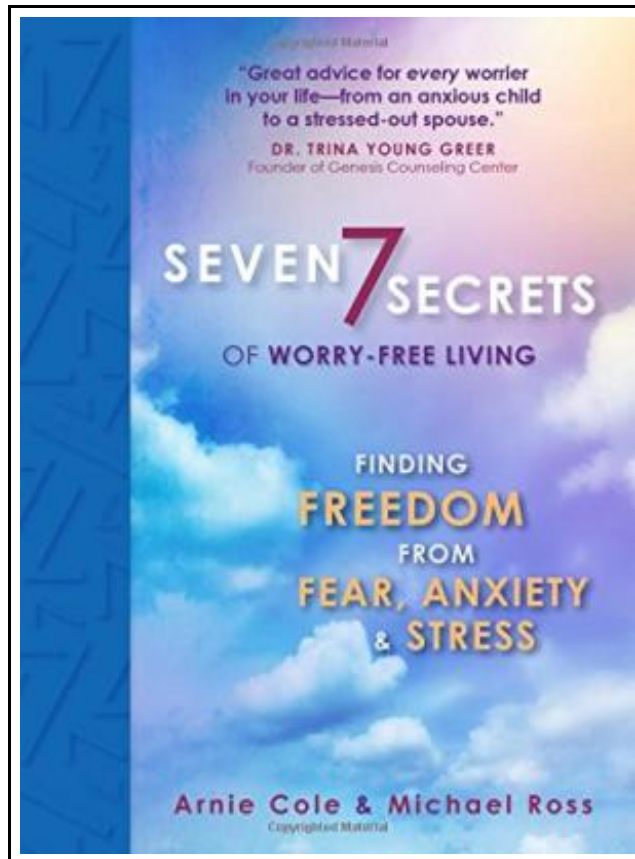


Seven Secrets of Worry-Free Living: Finding Freedom from Fear, Anxiety and Stress



Filesize: 2.41 MB

Reviews


An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating throgh studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.


(Josefina Yundt)

SEVEN SECRETS OF WORRY-FREE LIVING: FINDING FREEDOM FROM FEAR, ANXIETY AND STRESS



BroadStreet Publishing. Hardback. Book Condition: new. BRAND NEW, Seven Secrets of Worry-Free Living: Finding Freedom from Fear, Anxiety and Stress, Michael Ross, Worry and its fraternal twins anxiety and stress affect our mind, body, and spirit-and can make us miserable. In these practical pages, Michael Ross-with contributions from Dr. Arnie Cole and leading researcher Pamela Ovwigho, PhD-helps readers to identify the root cause and provides easy-to follow plans to find relief. This insightful and easy-to-read resource includes Bible-based wisdom, advice, and treatment options from psychological and medical professionals. Our bodies are not designed for a continual state of fear, worry, and anxiety, but instead for continual tranquility with short bursts of adrenaline. Seven Secrets of Worry-free Living shows how anyone can break the cycle of unnecessary suffering and find peace in Christ.

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