



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

Gregory L. Jantz Ph.D., Ann McMurray

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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) 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.

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