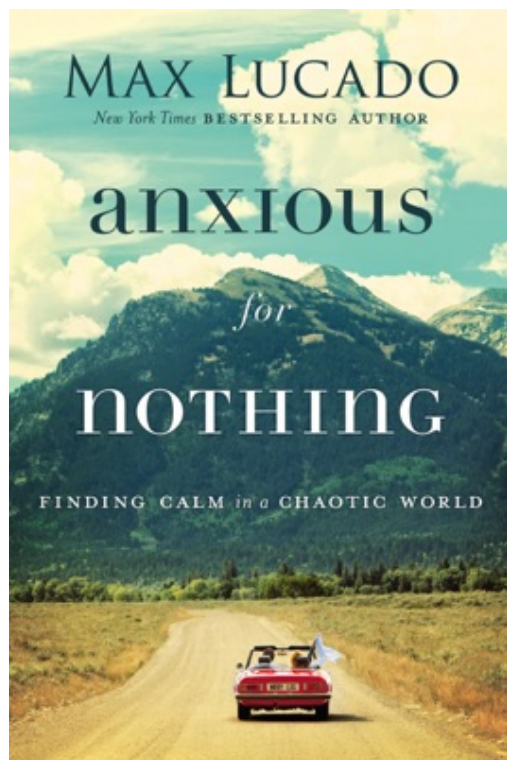


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When it comes to anxiety, depression, and stress-related illnesses, America is the frontrunner. Thankfully, there's a practical prescription for dealing with them. *Anxious for Nothing*, from New York Times bestselling author, Max Lucado, provides a roadmap for battling with and healing from anxiety.

Does the uncertainty and chaos of life keep you up at night?

Is irrational worry your constant companion?

Could you use some calm?

If the answer is yes, you are not alone. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students

are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s. Chances are, you or someone you know seriously struggles with anxiety.

Max writes, "The news about our anxiety is enough to make us anxious." He knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives.

Anxious for Nothing invites readers to delve into Philippians 4:6-7. After all, it is the most highlighted passage of any book on the planet, according to Amazon:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

In the characteristic tone of his previous books like *You'll Get Through This* and *Fearless*, Max guides readers through this Scripture passage and explains the key concepts of celebration, asking for help, leaving our concerns, and meditating.

Stop letting anxiety rule the day. Join Max on the journey to true freedom and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But it doesn't have to dominate your life.

título : Anxious for Nothing

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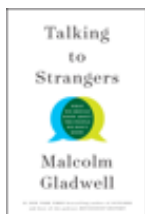
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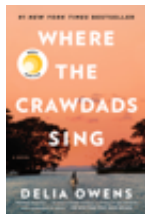
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