



# **Calm My Anxious Heart: A Woman's Guide to Finding Contentment (TH1NK Reference Collection)**

*Linda Dillow*

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## **Calm My Anxious Heart: A Woman's Guide to Finding Contentment (TH1NK Reference Collection)**

Linda Dillow

Even though we want to be content and trust God, we can still feel overwhelmed by worry. Filled with encouragement and practical help for overcoming anxiety, this **12-session** Bible study for women explains what God says about contentment and offers ways to apply it to daily life.

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