



# Overcoming Anxiety: Your Biblical Guide to Breaking Free from Fear and Worry

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According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental illness in the United States, affecting over forty million adults. Representing almost one-third of the country's total mental health bill, anxiety disorders cost the United States more than forty-two billion dollars a year.

You may be one of the many individuals who struggles with anxiety, believing that you must be medicated or be under the care of a physician to find the peace you so desperately desire. The truth is that the peace you pursue is freely given to you in God's Word. *Overcoming Anxiety* will show you how to discover this peace for yourself and end anxiety and fear for good.

You will be motivated to break the bondage of anxiety through interactive materials such as:

- Questions for personal reflection
- Scriptures for reference and memorization
- Positive confessions
- Journal writing prompts

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