



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

By Michael Ross

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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