



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.



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**