



## Less Fret, More Faith: An 11-Week Action Plan to Overcome Anxiety (Paperback)

By Max Lucado

Thomas Nelson Publishers, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. A pass-along companion to *Anxious for Nothing* that features an 11-week plan to overcome anxiety. 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. This 64-page booklet features practical steps from Max Lucado to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes...

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