



Overcoming Fear And Worry By H. Norman Wright

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When anxiety robs your sleep, when worry saps your energy, and when fear captivates your thoughts, it is easy to feel helpless. But you do not have to remain a prisoner of fear, anxiety, or stress any longer.

Dr. Norm Wright helps you combat negative thought patterns with the Word of God and gives you practical ways to develop resilience in the face of trials through positive self-talk.

- Learn the difference between helpful and unhelpful fear
- Find out the true causes of fear and how to overcome them
- Learn practical ways to break patterns and habits of anxiety and worry
- Discover your source of peace, security, and freedom

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