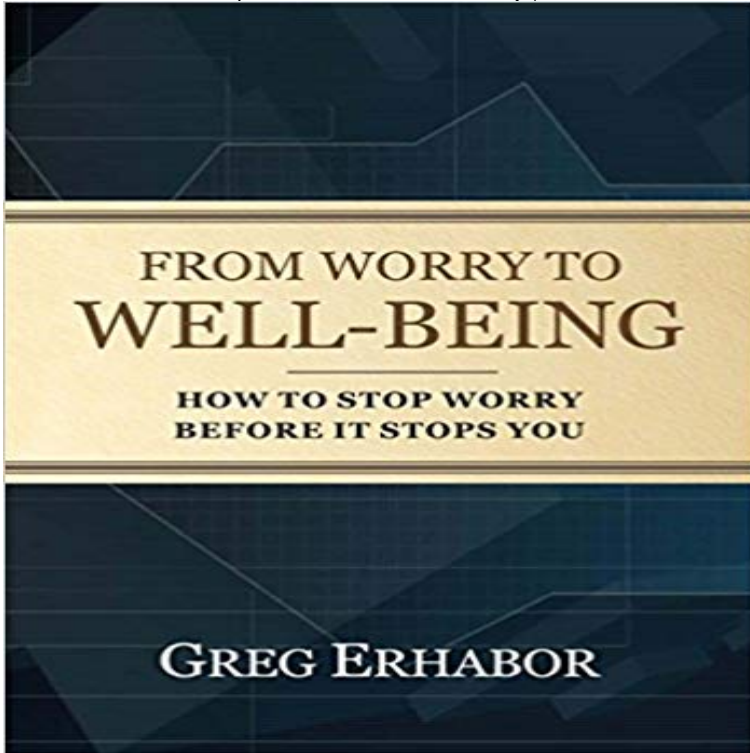


From Worry to Well-Being: How to Stop Worry Before it Stops You



It has been said that many people will die, not from the problems they face but from the habit of continuous worry and anxiety about the problems they go through. Worry has been described as the number one public enemy of mankind. As a physician of over three decades, I have come to the conclusion that worry and anxiety are at the root of many diseases and worry has the capacity of aggravating and turning a seemingly harmless condition into a more serious disease. This book came as a result of my experience with numerous people as a physician, a pastor, a teacher and a counselor. I have experienced the effect of worry in my life and I have also seen it devastate family members and friends. In this book, I have attempted to look at the root cause of worry and suggest ways by which we can win over worry and live a life of buoyancy and freedom. The book is not a one-time solution to all our worries but it will help us in our quest to conquer this evil habit. Worry is a great sin because it destroys our faith in God and without faith it is impossible to please Him. Regardless of the nature of your worry or how long you have indulged this habit, you can take a definite step to free yourself from this bondage. Peter puts it simply, Casting all your care upon him; for He cares for you (1 Peter 5:7). That is the key. You either allow your cares to destroy you or you hand it over to God. Be determined to stop worry before it stops you!

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From Worry to Well-Being: How to Stop Worry Before it Stops You in the same way worrying about getting to sleep often keeps you awake). In order to stop worry and anxiety for good, you put off dwelling on it until later. **none** The good news is that since anxiety is often triggered by our own thinking, If youre suffering from insomnia, youre likely feeling anxious about sleep what it is thats causing you to stay awake and deal with that before start subconsciously associating being in bed with being awake. . 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