

Unworried: A Life Without Anxiety

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Anxiety. It's practically an epidemic. Twenty percent of Americans suffer from anxiety disorders, and millions more wrestle with worry and stress on a daily basis. For us as Christians, all that worry gets mixed up with a lot of guilt. After all, Scripture tells us, Have no anxiety at all (Phil 4:6).

How can we stop worrying and start living an anxiety-free life? As you'll learn in

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, the answer isn't just pray more or just read more Scripture or, worst of all, just stop worrying. If we learn to respect how God made us, we can build new habits of thinking, communicating, and acting that will help set us free from worry.

Dr. Gregory Popcak integrates insights from our Catholic Faith with cutting-edge psychological research to help the anxious reader form a comprehensive plan for conquering anxiety and living a life of true peace.

ABOUT THE AUTHOR

Dr. Gregory Popcak is the founder/director of CatholicCounselors.com, a Catholic telecounseling practice providing faithful solutions to tough marriage, family, and personal problems. A Fellow of the American Association of Pastoral Counselors and a Board Certified Diplomate in Clinical Social Work, Dr. Popcak serves as an Associate Professor of Pastoral Studies and the director of the online Master of Arts in Pastoral Studies program at Holy Apostles College. Together with his wife Lisa, he hosts More2Life, which airs each weekday at 10 am Eastern/9 am Central on EWTN Radio affiliates across the country and on SiriusXM130.

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Other Books

Unafraid, Learn how to face and overcome the fears we feel about loneliness, illness, financial insecurity, disappointing others, failure, insignificance, and aging "A thoughtful, literate, faith-filled guide to reclaiming our minds and our lives."—John Ortberg, senior pastor of Menlo Church and author of I'd Like You More If You Were More Like Me You'd be hard-pressed to overstate the extent to which fear, anxiety, and worry permeate our lives today. Fear wreaks havoc on our relationships and communities. It leads us into making bad decisions. It holds us back from the very pursuits that promise fulfillment and joy. As the

senior pastor of a large, diverse church in America's heartland. Adam Hamilton has seen the cost of fear up close. When he surveyed his congregation on how fear affects them, 2,400 people responded—and what they said was eye-opening. Eighty percent admitted to living with moderate or significant levels of fear. Unafraid is Hamilton's insightful and impassioned response. Drawing on recent research, inspiring real-life examples, and fresh biblical insight, Hamilton uses a mixture of facts and faith to help readers understand and counter fears related to such outsize perils as death and illness, as well as the everyday anxieties all of us encounter. He invites us to: Face our fears with a bias of hope Examine our fears in light of the facts Attack our anxieties with action Release our cares to God Writing with generosity and intelligence, Hamilton shows how believer and unbeliever alike can develop sustaining spiritual practices and embrace Jesus's recurring counsel: "Do not be afraid." For anyone struggling with fear or wondering how families and communities can thrive in troubled times, Unafraid offers an informed and inspiring message full of practical solutions.

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