



Don't Be A Worry Wart: Accept God's Peace and Change Your Life

Lilliet Garrison

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Are you an excessive worrier? Do you find yourself worrying about everything and anything? Worry is a habit that has negative consequences for us, as it affects us emotionally, physically, and spiritually. Perhaps you subconsciously think that if you "worry enough," you can prevent bad things from happening. But excessive worrying can lead to anxiety and panic attacks, which cripple you from living an abundant life. There's not one good outcome from the habit of worry. Worry will not add one day to your life, but it will shorten it. Learn how to develop your faith and dispel worry once for all. You can break this habit with the transforming power of God's Word. Let God replace your worry with His peace. This book will show you how.

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