

# Calm My Anxious Heart

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over 500 000 copies sold fear and anxiety tend to creep into all areas of women's lives we worry about our children our friends our careers our families our spouses and the list goes on it can be a constant struggle to let go and be free from the burden of worry and overthinking designed to help christian women finally experience the calm and contentment the bible promises calm my anxious heart is an established and time tested classic filled with solid encouragement bible verses and compassionate practical help for soothing and processing anxiety it offers meaningful and helpful ways to refresh your spirit with scripture and calming insight experience the contentment peace and joy that comes from trusting god whether it is through contentment in circumstances contentment in self image contentment in relationships through forgiveness trusting god with your questions and worries now including a 10 week bible study to help you dig deeper and a companion journal designed to help you embrace the present

experience better mental health and live with joy an incredible tool for anyone seeking to find rest in an anxious and ambitious world priscilla shirer bible teacher and bestselling author a timeless treasure whether you are in a season of great stress or navigating the challenges of daily life dr juli slattery psychologist cofounder of authentic intimacy

women worry a lot we worry about our children our friends our careers our families our spouses the list could go on and on yes we want to be content and trust god with our worries but it s a struggle to let go and free ourselves from the burden of anxiety

filled with encouragement and practical help for overcoming anxiety this book by linda dillow includes a twelve week bible study to help you discover what the bible says about contentment and ways to apply it in your daily life

a companion journal to calm my anxious heart a book that has helped more than 500 000 women trust god and overcome anxiety now revised for a new generation of journalers read the book learn through the 10 week bible study and reflect through journaling on your journey to contentment to create lasting change as you overcome worry as women whether single women married women moms grandmothers we worry a lot we worry about our children our friends our careers our families our spouses and the list goes on we want to be content and trust god with our worries but it s a struggle to let go and free ourselves from the burden of anxiety if you re tired of worrying about all the what ifs in your life and want to experience the calm and contentment that the bible promises practice self care by using the calm my anxious heart journal along with the new and updated calm my anxious heart book to find lasting freedom record your thoughts as you listen to god s teaching embrace the present and live with joy with calm my anxious heart book and companion journal you can let go of anxiety and experience contentment that comes from trusting god

this 12 image series accompanied by writings is the interpretation of katie s personal battle with anxiety this book may be used as a resource to help others understand anxiety as well as help the anxious explain themselves

designed to be used as a companion to the book calm my anxious heart this journal will help you pause to focus on god s gentle leading in your life by reflecting on his word you will be able to let go of anxiety and experience contentment in god e

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