



Overcoming Fear, Worry, and Anxiety

Elyse Fitzpatrick

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Elyse Fitzpatrick, coauthor of *Women Helping Women* (a GoldMedallion Finalist), offers practical advice for conquering the paralyzing emotions many women encounter as they battle difficult, often overwhelming concerns about rebellious children, problems in the workplace or home, health issues, financial difficulties, and more.

In the Bible, God gives guidance and offers the true solution to our anxieties and fears. *Overcoming Fear, Worry, and Anxiety* accesses this information to help women—

- Identify the source of fear, worry, and anxiety
- Transform fearful thoughts into peaceful confidence
- Discover specific strategies for overcoming anxiety

Women will find comfort and encouragement through real-life examples of how others, including Elyse, cast their cares upon God and experience His strength and love.

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