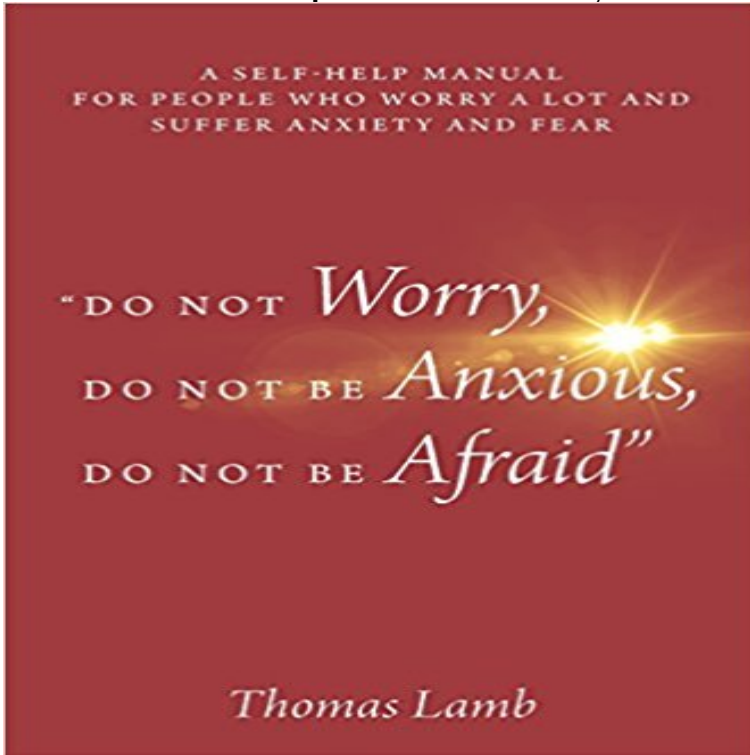


Do Not Worry, Do Not Be Anxious, Do Not Be Afraid: A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear



God has made us so that we can worry, feel anxious and be afraid. Then he directs us 200 times in the scriptures to not worry, not be anxious and not be afraid. He repeats this like a loving father who wants his children to understand this and to live by it. Those 200 passages are presented here to convince you that God is driving the bus...you have nothing to worry about. You can find great peace and comfort reading and reflecting on these passages. This is an important message for these troubled times. This is a self help manual.

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