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The Bible Cure for Anxiety: Ancient Answers for Stress Management and Anxiety Relief

Henry Matlock

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So often, our minds are burdened with stress and anxiety over the following areas:

- our health
- our job security
- our financial state
- our relationships
- our self-worth

Except for a few medical conditions, much of our anxiety is self-imposed. Which means there is a way we can cure it. Both practical and inspiring, *The Bible Cure for Anxiety* unlocks the meaning to key passages in the fourth chapter of the Book of Philippians to reveal how we can overcome this relentless tormentor. These scriptures help us filter our minds from the destructive crud of the world.

So take a minute and change the filter. The engines of your thought life will run smoother, and your soul will enjoy a consistent, lasting peace.

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Katherine Clark:

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