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No Worries: Spiritual and Mental Health Counseling for Anxiety

Elaine Leong Eng

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No Worries: Spiritual and Mental Health Counseling for Anxiety

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No Worries: Spiritual and Mental Health Counseling for Anxiety Elaine Leong Eng
This is a unique, practical, and helpful book about anxiety and how faith can help. Written by a practicing Christian psychiatrist, it draws upon her many years of experience helping people with mental conditions including phobias of various kinds, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), premenstrual dysphoric disorder (PMDD), and other issues including domestic abuse, which she affirms does sometimes even happen among churchgoing believers. Eshewing all easy believisms and pious platitudes, Dr. Elaine Eng describes each condition through composite cases, showing how the symptoms can affect not only the afflicted person's mental health, but also his or her physical, spiritual, and relational health as well. In addition, she outlines medical and psychological treatment alternatives in each case, plus how people who care about the afflicted individual can help and provide support. The author's goal is to help pastors, counselors, and other people-helpers identify symptoms of common disorders related to anxiety so they can provide compassionate, well-informed advice to those who are suffering, usually in silence, loneliness, and fear. As one endorser put it, "This book is a must read for Christian leaders who wish to understand how the mind works and, when impaired, can be properly diagnosed, treated, and brought back into wholeness. As I travel the world, I see fellow believers suffering from different forms of anxiety and worry. This book gives me tools to recognize when people are suffering and how to encourage them to get the help they need."

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