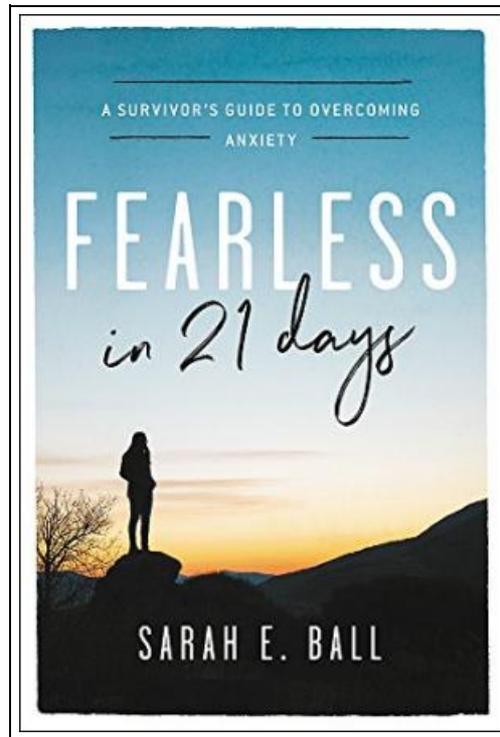


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FEARLESS IN 21 DAYS: A SURVIVOR S GUIDE TO OVERCOMING ANXIETY (HARDBACK)



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Time Warner Trade Publishing, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. In summer of 2013, family and friends watched helplessly as author Sarah E. Ball spiraled into the darkest season of her life. A passionate woman of God, wife, mom of five, and popular blogger, Sarah nevertheless found herself abruptly taken captive by a severe anxiety and panic disorder. She began sharing the intimate details of her breakdown and recovery with her readers, creating an online series Fearless in 21 Days as a 21-day guide to overcoming anxiety. Much to Sarah s surprise, her blog reached #2 on Google search for deliverance from anxiety, and she soon found herself sharing her keys to fearlessness on several national television programs, including two 1-hour interviews on Insight with Paul Arthur, two appearances on Lifeline with Dick Joan, on several episodes of the Miracle Channel show Devoted, and even an invitation to 100 Huntley Street for 2017. Her blog series won First Place in the 2016 Word Alive Press Women s Journey of Faith Contest. In FEARLESS IN 21 DAYS, Sarah takes the readers through 21 revelations that focus on healing the whole self-body, mind, and soul-and bridging the gap between effective mental health therapies and Scripture. This book first offers practical tips that can dramatically reduce the immediate symptoms of anxiety and then dives deeper into spiritual and mental truths to create a hope-filled guide to freedom from anxiety so that readers may boldly and bravely fulfill their purpose in Christ-fearlessly.



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