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Anxious For Nothing: Finding Calm In A Chaotic World (Paperback)

By Max Lucado

Thomas Nelson Publishers, United States, 2017. Paperback. Condition: New. International ed.. Language: English . Brand New Book. When it comes to anxiety, depression, and stress-related illnesses, America is the frontrunner. Thankfully, there s a practical prescription for dealing with them. Anxious for Nothing, the most recent book from New York Times bestselling author, Max Lucado, provides a roadmap for battling with and healing from anxiety. Does the uncertainty and chaos of life keep you up at night Is irrational worry your constant companion Could you use some calm If the answer is yes, you are not alone. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s. Chances are, you or someone you know seriously struggles with anxiety. Max writes, The news...



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