



Letting Go of Worry and Anxiety

Pam Vredevelt

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Attention, chronic worriers: it is possible to reduce the intensity, frequency, and duration of painful episodes of anxiety without medication. Licensed counselor Pam Vredevelt draws from twenty years of clinical experience, scientific research, and scriptural insight to offer the reader tools for living a more peaceful and tranquil life. While worrying is for many a deeply embedded habit, because it was learned, it can be "unlearned," and with compassion and sound advice, Pam shows how.

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