



A Worriers Guide to the Bible: 50 Verses to Ease Anxieties

Gary Zimak

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Ever wished for a way to stop worrying? That fears or anxieties would leave you? When you listen to Scripture, do you wonder if it is even possible not to worry?


Gary Zimak writes that anxiety can be a blessing. If you think this sounds just crazy, then this is the book for you. Consider what the Word of God teaches us on the subject of worry in times of confusion, despair, doubt, fear, persecution, sickness, and troubles.

With astute reflection, Zimak brings Scripture to life in *A Worrier's Guide to the Bible: 50 Verses to Ease Anxieties*. Though your life is filled with struggles that might seem endless or insurmountable, you will remember, with the help of these powerful verses, that we are an Easter people; a people of hope. So, as Padre Pio emphatically proclaimed: "Pray, hope, and don't worry"!

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