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What to Do When You're Scared to Death: Free Yourself from the Paralyzing Effects of Fear

Pat Palau, PeggySue Wells

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In What to Do When You're Scared to Death, Pat Palau and PeggySue Wells provide practical, tangible ways for readers to make progress in their battles with fear and anxiety. Wells and Palau guide the reader to passages in the Bible that comfort, strengthen, and encourage. They teach readers to understand their fear and its root causes; to adopt practical, tangible tools to overcome fear; and to begin new healthy life habits. This Christian approach to coping with anxiety offers both practical advice and scriptural encouragement.

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