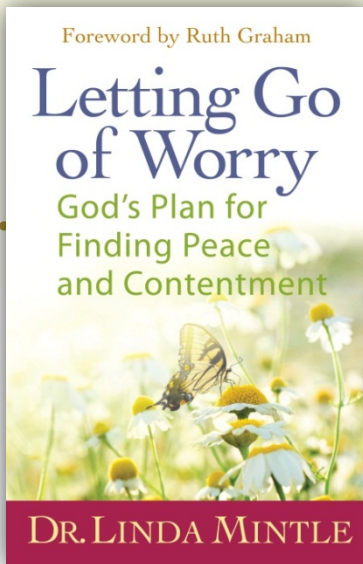


# Start Saying GOODBYE to *Worry*



Jesus once cautioned that worrying won't add a single hour to our lives (Matthew 6:27). And more recently, researchers at the University of Cincinnati found that 85% of all worries never even happen. Yet, every day people find hundreds of opportunities to worry about something. We worry about work, family, health and more. Time and again we take normal situations of life and turn them in to worry moments. This can't be how God intended it...can it? What if it's a more serious matter, your health or job, does that make it okay?

We have become so accustomed to worry that we rarely consider why it has such power in our lives. We have resigned ourselves to the fact that there is so little we can do about most things. Worry at least *feels* like we are doing something. Yet all we are doing is making ourselves miserable. Do you want to live your life in a state of constant angst?

Respected author, speaker, and counselor Dr. Linda Mintle confesses that for years she believed worry was an inevitable byproduct of our modern, busy lives. But as she explored God's Word for guidance, she discovered that worry isn't supposed to be managed. It's supposed to be released completely.

Through personal and biblical examples, Mintle reveals reasons and ways for readers to rethink their core beliefs as they surrender worry to God and discover

- the spiritual roots of worry
- what to do when anxious thoughts arise
- how to have peace about their health, job, money, and relationships
- practical ways to cultivate a truly worry-free life
- the biblical secret to lasting contentment

With godly instruction, Scriptures for meditation, and the hope of a renewed perspective, readers can let go of worry and embrace a transformed life of peace, forgiveness, and faith.

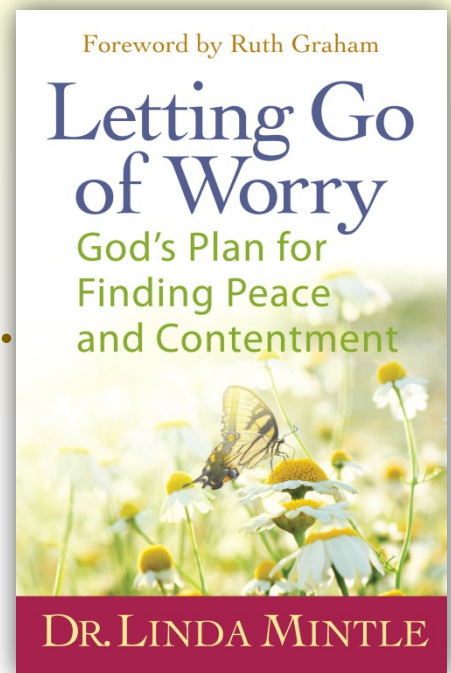


**Dr. Linda Mintle** makes the complicated issues of relationships and mental health easy to understand and applicable to everyday. She holds a PhD in urban health and clinical psychology and is the bestselling author of more than 15 books. She is a national news consultant, a BeliefNet blogger and hosts her own website. In her general clinical practice, she specializes in marriage and family therapy and eating disorders. Her academic appointment at Eastern Virginia Medical School keeps her abreast of current research in her areas of expertise. Dr. Linda resides in Virginia with her family. Visit her online at <http://drlindamintle.com/>.



# INTERVIEW QUESTIONS

1. What motivated you to write a book about worry?
2. Worry seems like a natural thing to do. Is it possible to live a worry-free life?
3. You say there is a difference between worry and concern. What is the difference?
4. Why do we worry when we know it isn't a part of God's plan?
5. Are some people more prone to worry than others? What traits do they possess?
6. It seems that women worry more than men. Is that true? If so, why?
7. What are some the physical fall outs from worry?
8. You offer a number of practical helps to combat worry in key areas like health, your job, and relationships. Share a few of those with us.
9. Does it work to simply try not to think worried thoughts?
10. What is the secret to contentment?



ISBN: 978-0-7369-3058-1

October 2011 Release

5½ x 8½ Trade

240 pgs.

