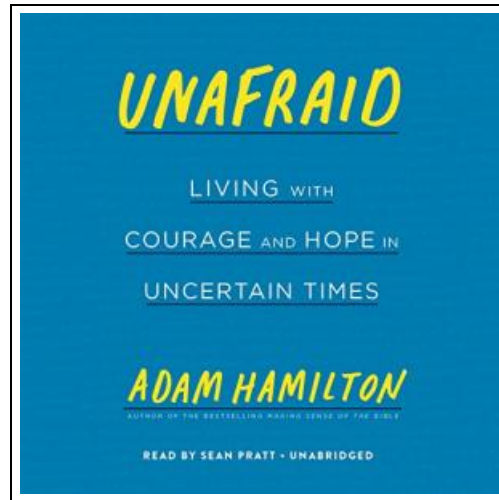


Unafraid: Living with Courage and Hope in Uncertain Times



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Reviews

*A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.
(Nakia Toy Jr.)*

UNAFRAID: LIVING WITH COURAGE AND HOPE IN UNCERTAIN TIMES



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Random House Audio Publishing Group, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. A widely admired mainstream pastor shows how persons and communities can flourish as beacons of hope and serenity in an anxious age. Truth is, a mere handful of fears work for us--fear of stepping in front of a bus, for example, or not taking care of our health. But the vast majority--fear of others, of failure, of the future--have almost no basis in reality, yet tie us in knots and steal our peace of mind. These fears, experts say, are often vestiges of primitive fight, flight, or freeze instincts that, mostly, no longer apply. Making matters worse, our hyper fractious era of hate media, divisive politics, and multiplying natural disasters wreak havoc on our state of mind, leaving us troubled and unhappy. Fortunately there s abundant good news. As trusted pastor and bestselling author Adam Hamilton shows in Unafraid, we can escape the echo chamber of anxiety and dread. With insight, intention and faith, we can learn to overcome what oppresses us, and live with courage and hope. Drawing on fresh research, psychology, biblical principles, and his long experience shepherding a diverse faith community in Red State America, Hamilton helps readers untangle the knots of fear and truly embrace Jesus s recurring counsel: Do not be afraid. He writes with generosity and intelligence for a wide audience in accessible language that will ring true to believer and unbeliever alike. For anyone struggling with fear, worry, or anxiety--or who wonders how families and communities can live as peacemakers in troubled times--Unafraid offers an informed and inspiring message full of practical solutions.



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