



From Worry to Well-Being: How to Stop Worry Before It Stops You (Paperback)

By Gregory Erhabor

Spokesman Communication Ministries, Nigeria, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It has been said that many people will die, not from the problems they face but from the habit of continuous worry and anxiety about the problems they go through. Worry has been described as the number one public enemy of mankind. As a physician of over three decades, I have come to the conclusion that worry and anxiety are at the root of many diseases and worry has the capacity of aggravating and turning a seemingly harmless condition into a more serious disease. This book came as a result of my experience with numerous people as a physician, a pastor, a teacher and a counselor. I have experienced the effect of worry in my life and I have also seen it devastate family members and friends. In this book, I have attempted to look at the root cause of worry and suggest ways by which we can win over worry and live a life of buoyancy and freedom. The book is not a one-time solution to all our worries but it will help us in our quest to conquer...

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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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