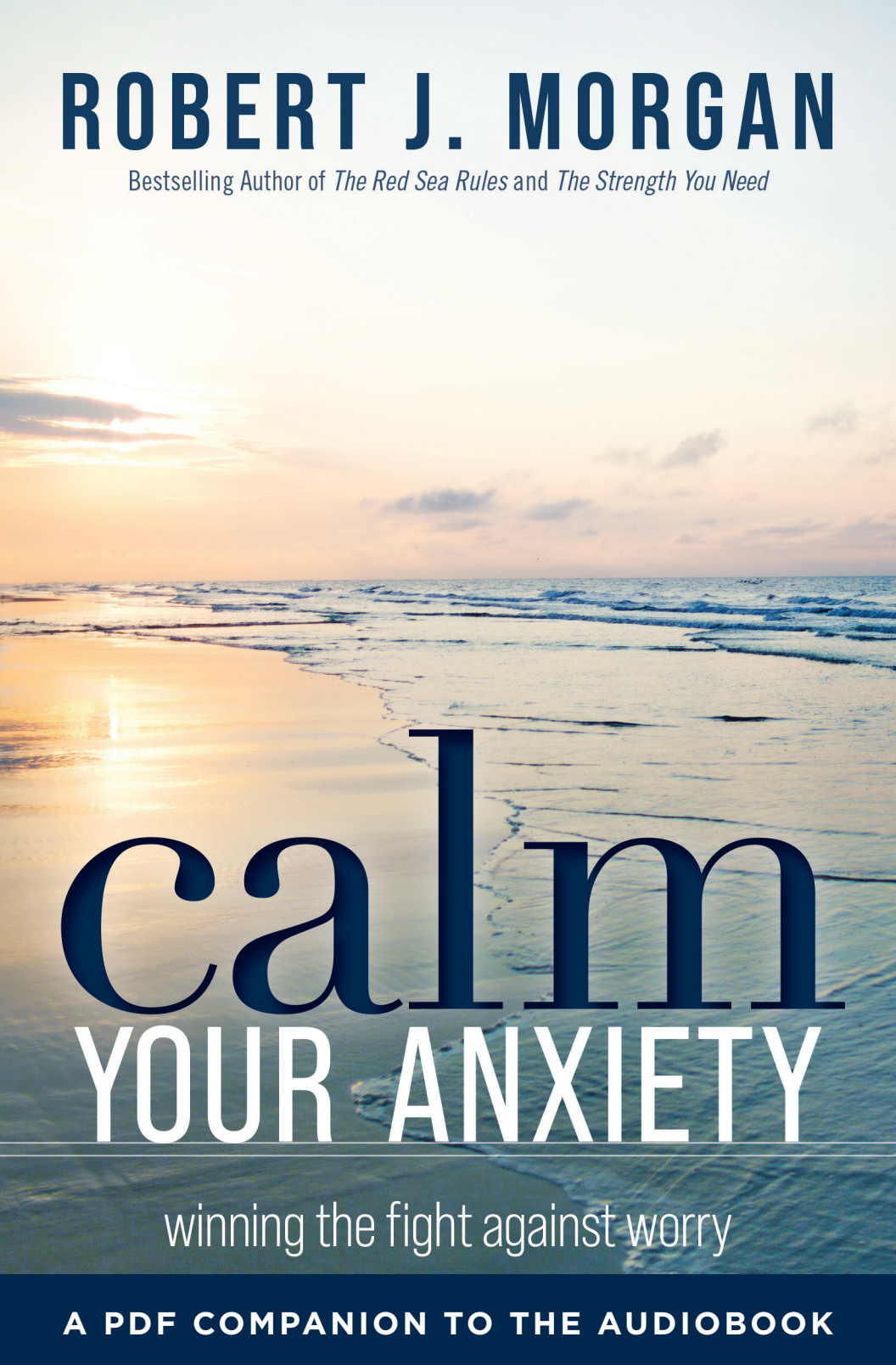




ROBERT J. MORGAN

Bestselling Author of *The Red Sea Rules* and *The Strength You Need*

calm YOUR ANXIETY

winning the fight against worry

A PDF COMPANION TO THE AUDIOBOOK

Portions of this book were excerpted and adapted from *Worry Less, Live More*.

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Additional Resources

Anxiety is something that you will live with. One book isn't going to give you all of the answers you need. I've compiled some additional resources to help you along your journey.

PODCAST SERIES: WHATEVER HAPPENS . . .

Whatever Happens is a podcast series on the Robert J. Morgan podcast that takes the listener through the entire book of Philippians. The series starts with episode 112. Scan the QR code and start listening.



GOD WORKS ALL THINGS TOGETHER FOR YOUR GOOD

We all need more confidence and joy. Romans 8:28 is a remarkably powerful verse. “We know that all things work together for the good of those who love God.” *God Works All Things Together for Your Good* not only empowers us to deal effectively with everyday stress and strain, but offers solid assurance to anyone facing serious trouble. Morgan



shares strong techniques for reversing misfortunes, finding purpose in painful situations, and turning discouragement into resilience. This book, video study, and study guide will help live a more confident and joy-filled life.

THE INVISIBLE THREAD

Few people in this world have ever reached out and felt that invisible thread, but it's there for every one of us. It is the perfect will of God. For every one of us, there is an invisible thread to guide us through our lives. God has an individual plan for each person who is committed to Jesus Christ as Lord and Savior.

Scan the QR code to learn more about the invisible thread and how through everything Lord Jesus Christ will lead us



to where He wants us to be and bless us in doing what He wants to do.

SPIRITUAL DEPRESSION

The book that has been the most helpful to me in dealing with issues of anxiety is *Spiritual Depression: It's Causes and It's Cure* by D. Martyn Lloyd-Jones.

Available wherever books are sold.

